

long beach

RECREATION

CONNECTION

December 2018–February 2019 • Class Registration Begins November 5

RECREATION CLASSES



SENIOR PROGRAMS



AQUATICS



AFTER SCHOOL PROGRAMS



FREE YOUTH BALL HOCKEY LEAGUES



HOMELAND CULTURAL CENTER



NEW ARTIFICIAL TURF FIELDS



NEW "MEASURE A" PLAYGROUNDS



RESTORED DEFOREST WETLANDS



WINTER 2019



CITY OF
**LONG
BEACH**

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NEW CLASSES STARTING THIS WINTER

Plan now for your winter adventures with Long Beach Parks, Recreation and Marine. Learn a new skill, create a work of art, get fit or explore new ways to have fun.



PRESCHOOL

Children can benefit from learning Sign Language and explore reading, math and science at an early age. See page 5 for information about the Reading, Math and More Preschool class, that focuses on kindergarten readiness. Kids and parents have fun blending audio, visual and kinesthetic learning styles to maximize learning. See Tot Sign Language on page 5 and Mad Science Preschool Mania on page 9 where preschoolers can learn about weights and measurements, shapes and structures and water properties. Bidy Tee Ball League and Mommy/Daddy and Me Soccer on page 6 are great introductions to sports.

YOUTH

Brixology - Lego Engineering (page 9), Crayola - World of Design (page 9) and Mad Science - Radical Mad-ical Science (page 9) will enrich your child with science and art experiences. Beginning, Intermediate and Advanced Mexican Folk Dance classes will develop skills in dances from various regions of Mexico and Spain (pages 10). Persuasive Voices will develop persuasive writing skills in fun, interactive ways. (page 11) and B-Ballers Hoop School will help young players develop teamwork, confidence, and fundamental basketball skills (page 12).

TEENS

Basic Cooking for Teens lets future chefs explore their creative side, discover new ingredients and learn the fundamentals of cooking. (page 16)

ADULTS

New art classes include Amazing Art for painters (page 18), Artist Group to increase your creativity by interacting with others (page 18) and Expressive Watercolor (page 18).

Step Out and Socialize is for teens and adults with high functioning disabilities to get out in the community and have fun while socializing with peers. (page 19).

New Canine training classes include Dog Behavior Training Positive Reinforcement (page 20). Adults can learn How to Sell on eBay (page 21) and stay fit and safe with Mixed Martial Arts (page 24-25).

See page 55 for registration options for all classes.

FOLLOW US ON SOCIAL MEDIA



PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

COOKING



LIL' SPROUTS PRESCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Please note any food allergies. Bring your own water and apron (optional). Food and material fee: \$32.

Good Neighbor Park

A Yummy Future

29444	2-6 Yrs	1/5-1/26	11:30 a.m.-12:15 p.m.	Sa	\$80
29445	2-6 Yrs	12/1-12/22	11:30-12:15 p.m.	Sa	\$80
29446	2-6 Yrs	2/2-2/23	11:30-12:15 p.m.	Sa	\$80

DANCE

BABY DANCE

Help your baby develop a love for music and dance in a fun, silly and friendly environment. We will sing songs, dance, and play with instruments and the parachute and much more! This class helps to develop important socialization and gross motor skills while you bond with your little one.

Whaley Park

Megan Kalscheuer

29677	6-7 Mos	1/8-2/5	10-10:45 a.m.	Tu	\$50
29678	6-7 Mos	2/12-3/12	10-10:45 a.m.	Tu	\$50
29679	6-7 Mos	1/9-2/6	10-10:45 a.m.	W	\$50
29680	6-7 Mos	2/13-3/13	10-10:45 a.m.	W	\$50
29683	6-7 Mos	1/12-2/9	10-10:45 a.m.	Sa	\$50
29684	6-7 Mos	2/16-3/16	10-10:45 a.m.	Sa	\$50

College Estates Park

Megan Kalscheuer

29681	6-7 Mos	1/8-2/5	10-10:45 a.m.	Tu	\$50
29682	6-7 Mos	2/15-3/15	10-10:45 a.m.	F	\$50

DANCE FOR FUN

Come bond with your little one and help your child to create a love for music and dance while developing their gross motor skills in a creative, fun and friendly environment. Sing, dance, play with instruments and much more! Simple dance moves are taught to help guarantee your child's success.

Whaley Park

Megan Kalscheuer

29685	1 Yrs 6 Mos-4 Yrs	1/8-2/5	9-9:45 a.m.	Tu	\$50
29686	1 Yrs 6 Mos-4 Yrs	2/12-3/12	9-9:45 a.m.	Tu	\$50
29687	1 Yrs 6 Mos-4 Yrs	1/9-2/6	9-9:45 a.m.	W	\$50
29688	1 Yrs 6 Mos-4 Yrs	2/13-3/13	9-9:45 a.m.	W	\$50
29689	1 Yrs 6 Mos-4 Yrs	1/11-2/8	9-9:45 a.m.	F	\$50
29690	1 Yrs 6 Mos-4 Yrs	2/15-3/15	9-9:45 a.m.	F	\$50
29691	1 Yrs 6 Mos-4 Yrs	1/12-2/9	9-9:45 a.m.	Sa	\$50
29692	1 Yrs 6 Mos-4 Yrs	2/16-3/16	9-9:45 a.m.	Sa	\$50

HIP HOP TOTS

Time to dance our best moves in this fun fast-paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. For more information, visit: www.annepennypackerdance.com. Marina Community Center located at 151 Marina Dr., Seal Beach.

Marina Community Center

Anne Pennypacker

29886	2 Yrs 6 Mos-5 Yrs	1/10-2/7	9-9:30 a.m.	Th	\$67
29887	2 Yrs 6 Mos-5 Yrs	2/28-3/21	9-9:30 a.m.	Th	\$57

HIP HOP TOTS

Time to dance our best moves in this fun fast-paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. For more information, visit: www.annepennypackerdance.com.

Recreation Park

Anne Pennypacker

29888	2 Yrs 6 Mos-5 Yrs	1/8-2/5	4-4:30 p.m.	Tu	\$67
29889	2 Yrs 6 Mos-5 Yrs	2/26-3/19	4-4:30 p.m.	Tu	\$57



MUSICAL MINIS

Dance and sing on a star. This theatre class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! Tennis shoes best for class. For more information visit: www.annepennypackerdance.com.

Recreation Park**Anne Pennypacker**

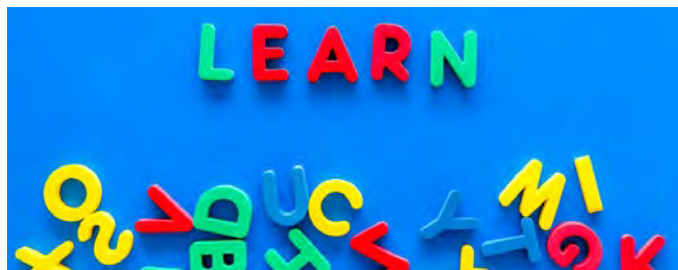
29891 2 Yrs 6 Mos-5 Yrs 1/8-2/5 6-6:30 p.m. Tu \$67
29892 2 Yrs 6 Mos-5 Yrs 2/26-3/19 6-6:30 p.m. Tu \$57

PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: www.evelyngrauten.com.

Recreation Park**Evelyn Grauten**

29943 2 Yrs 6 Mos-5 Yrs 7 Mos 1/11-2/1 11:15 a.m.-noon F \$44
29944 2 Yrs 6 Mos-5 Yrs 7 Mos 2/8-3/1 11:15 a.m.-noon F \$44

ENRICHMENT**BABY SIGN LANGUAGE**

This class includes over 75 signs about home and play music with signs, signed felt board stories and other developmentally appropriate activities to make learning fun for infants and toddlers. Parents or caregivers will also be given the opportunity to ask for instruction in signs that are personalized for their own family's needs. Material Fee: \$20.

College Estates Park**Layla Guerrero**

29589 2-7 Mos 1/10-2/7 10-10:45 a.m. Th \$70

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. Material fee: \$30 (\$15 per additional sibling) includes crafts, digital/printable book and digital music. For more information please visit: www.bemboleowithsusana.com.

Heartwell Park**Susana Paniagua**

29733 2-4 Yrs 1/18-2/22 10:15-11:15 a.m. F \$80
29743 2-4 Yrs 1/18-2/15 10:15-11:15 a.m. F \$80
29744 2-4 Yrs 1/8-2/19 10:15-11:15 a.m. Tu \$80

PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited.

Bixby Knolls Park**Readwrite Educational Solution Inc.**

29759 2 Yrs 4 Mos-3 Yrs 11/27-12/20 8:45-10:15 a.m. Tu Th \$149
29760 2 Yrs 4 Mos-3 Yrs 1/8-1/31 8:45-10:15 a.m. Tu Th \$149
29761 2 Yrs 4 Mos-3 Yrs 2/5-2/28 8:45-10:15 a.m. Tu Th \$149
29762 2 Yrs 4 Mos-3 Yrs 11/27-12/20 10:30 a.m.-noon Tu Th \$149
29764 2 Yrs 4 Mos-3 Yrs 1/8-1/31 10:30 a.m.-noon Tu Th \$149
29765 2 Yrs 4 Mos-3 Yrs 2/5-2/28 10:30 a.m.-noon Tu Th \$149

READING, MATH AND MORE PRESCHOOL

Be ready for kindergarten! Kids and parents have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics and leveled reading, spelling and math instruction specifically designed for preschoolers. Parent participations is required. Additional program and material fee: \$20 due at first class. More info: 949-263-0633. *No class: 2/11.

LB Community Resource Center Readwrite Educational Solution Inc.

29755 4 Yrs 6 Mos-7 Yrs 7 Mos 11/26-12/19 2:40-3:25 p.m. M W \$79
29756 4 Yrs 6 Mos-7 Yrs 7 Mos 1/16-2/13 2:40-3:25 p.m. M W \$79

READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required. Material fee: \$40. *No class: 1/14, 2/11, 2/18.

Bixby Knolls Park**Readwrite Educational Solution Inc.**

29752 4 Yrs -4 Yrs 7 Mos 11/26-12/21 9 a.m.-12 p.m. M W F \$219
29753 4 Yrs -4 Yrs 7 Mos 1/7-2/1 9 a.m.-12 p.m. M W F \$199
29754 4 Yrs -4 Yrs 7 Mos 2/4-3/1 9 a.m.-12 p.m. M W F \$199

TOT SIGN LANGUAGE

In each class, a minimum of 80 ASL signs taught as well as 10+ songs and games to sign and sing with your toddler! Language strategies appropriate for this age also discussed. Material Fee: \$20.

College Estates Park**Layla Guerrero**

29590 1 Yrs 6 Mos-3 Yrs 1/10-2/7 11-11:45 a.m. Th \$70

MUSIC**KIDS LOVE MUSIC!**

Come sing, dance and play with your child! Spark your child's imagination with puppets and rhythm instruments! Explore making music with drums, xylophones and glockenspiel! Your child gains tonal memory, motor skills, cognitive development all while bonding with you! Adult participation required. Some materials are available for purchase, up to \$20. Questions: info@kidslovemusic.net. Class held at Cerritos Park East 13234 E. 166th St., Cerritos. *No Class: 1/21.

Cerritos Park East**Karen Greeno**

29569 1-4 Yrs 1/7-2/11 5-5:45 p.m. M \$70

Preschool Classes continued

KIDS LOVE MUSIC: BABIES!

Musical bonding time for you and your baby (not yet walking). Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development and fun with you! Please bring a baby blanket. Adult participation required. Some materials available for purchase. Questions: info@kidslovemusic.net. Class held at Cerritos Park East - 13234 E. 166th St., Cerritos.

*No Class: 1/21.

Cerritos Park East

Karen Greeno

29570 4 Mos-1 Yrs 2 Mos 1/7-2/11 3:30 p.m.-4 p.m. M \$70



KIDS LOVE MUSIC: TODDLERS!

A good class for first-timers! Sing, dance and play rhythm instruments with your child. Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development and fun with you! Adult participation is required. Some materials are available for purchase. Questions: info@kidslovemusic.net. Class held at Cerritos Park East - 13234 E. 166th St., Cerritos. *No Class: 1/21.

Cerritos Park East

Karen Greeno

29571 1-2 Yrs 1/7-2/11 4:15-4:45 p.m. M \$70

LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities, your child will develop an understanding for the components of music: rhythm, melody and imagination. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts

Jammin' Music Inc.

29560 2 Yrs 6 Mos-5 Yrs 1/18-2/22 10-10:45 a.m. F \$85

29561 2 Yrs 6 Mos-5 Yrs 1/19-2/23 10-10:45 a.m. Sa \$85

MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Creative music activities help speech development, motor skills and listening and concentration skills. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts

Jammin' Music Inc.

29562 1-2 Yrs 1/18-2/22 9-9:45 a.m. F \$75

MUSIC AND MOVEMENT

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education.

College Estates Park

Danuta Klimczak

29522 1 Yrs 8 Mos-2 Yrs 9 Mos 1/16-2/27 10-10:50 a.m. W \$94

29523 2 Yrs 9 Mos-4 Yrs 1/16-2/27 11:15 a.m.-12:05 p.m. W \$94

SPORTS

BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first week will be practice and team assignments with the remainder of the weeks being games. Game times for 3-5 age group are at 6 p.m. or 7 p.m.

Bixby Knolls Park

TriFytt Sports

29495 2-3 Yrs 1/18-2/22 3:30-4 p.m. F \$89

29591 3-5 Yrs 1/18-2/22 4-4:45 p.m. F \$89



BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first week will be practice and team assignments with the remainder of the weeks being games. * No class: 2/16.

Bixby Knolls Park

TriFytt Sports

29660 3-5 Yrs 1/19-2/23 11-11:45 a.m. Sa \$79

29661 2-3 Yrs 1/19-2/23 noon-12:30 p.m. Sa \$79

29668 2-3 Yrs 1/19-2/16 1-1:30 p.m. Sa \$79

D-UP TINY BALLERS

D-Up Tiny Ballers is an introductory to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20.

Pan American Park

James Christian

29553 3-6 Yrs 12/2-12/30 11-11:45 a.m. Su \$50

29554 3-6 Yrs 1/20-2/17 11-11:45 a.m. Su \$50

Preschool Classes continued

FUN ON THE FARM

This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. Learn about farm animals through songs, puppets, crafts. Enjoy a horsie ride every week. No unregistered siblings. Parent participation. Class held at El Rodeo Stables - 4449 Carbon Canyon Road, Brea.

Rancho del Rio Stable

29530	2-6 Yrs	12/7-12/28	11 a.m.-3 p.m.
29531	2-6 Yrs	1/11-2/1	11 a.m.-3 p.m.

Fun With Horses

F	\$85
F	\$85

HORSE FUN FOR PRESCHOOLERS

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. Class held at El Rodeo Stables - 4449 Carbon Canyon Road, Brea.

Rancho del Rio Stables

29535	3-6 Yrs	12/1-12/22	10-11 a.m.
29536	3-6 Yrs	1/5-1/26	10-11 a.m.
29537	3-6 Yrs	2/2-2/23	10-11 a.m.

Fun With Horses

Sa	\$85
Sa	\$85
Sa	\$85

LITTLE BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Parent participation optional. Please bring a small ball and water. Material Fee: \$20. Classes held at Hoover Middle School - 3501 Country Club Dr., Lakewood.

Hoover Middle School Gym

B-Ballers Hoop School

29418	3-5 Yrs	12/1-12/15	11-11:45 a.m.	Sa	\$65
29419	3-5 Yrs	1/12-1/26	11-11:45 a.m.	Sa	\$65
29420	3-5 Yrs	2/9-2/23	11-11:45 a.m.	Sa	\$65

MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages.

Marina Vista Park

Skyhawks Sports Academy

29730	2-3 Yrs 5 Mos	1/22-2/26	3:30-4 p.m.	Tu	\$99
29731	3 Yrs 6 Mos-5 Yrs	1/22-2/26	4:15-5 p.m.	Tu	\$99

MOMMY/DADDY AND ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. Class held at Good Neighbor Park in El Dorado Park West.

Good Neighbor Park

Kidz Love Soccer

29572	2-2 Yrs 7 Mos	2/1-3/22	9:30-10 a.m.	F	\$113
29573	2-2 Yrs 7 Mos	2/1-3/22	5:10-5:40 p.m.	F	\$113
29574	2-2 Yrs 7 Mos	2/2-3/23	8:45-9:15 a.m.	Sa	\$113
29575	2-2 Yrs 7 Mos	2/2-3/23	9:20-9:50 a.m.	Sa	\$113
29576	2-2 Yrs 7 Mos	2/2-3/23	9:30-10 a.m.	Sa	\$113

MULTI SPORT

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt. * No class: 2/16.

Bixby Knolls Park

TriFyft Sports

29611	2-3 Yrs	1/19-2/23	9-9:30 a.m.	Sa	\$79
29612	2-3 Yrs	1/19-2/23	9:30-10 a.m.	Sa	\$79
29613	2-3 Yrs	1/19-2/23	10-10:30 a.m.	Sa	\$79

PARENT AND ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30am-12:30pm or Sat 10:50-11:20am. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice 3975 Pixie Ave., Lakewood.

The Rinks Lakewood Ice

Ice Management LLC.

29782	3-6 Yrs	11/29-12/20	11:15-11:45 a.m.	Th	\$45
29783	3-6 Yrs	12/1-12/22	11:15-11:45 a.m.	Sa	\$45
29784	3-6 Yrs	1/10-1/31	11:15-11:45 a.m.	Th	\$45
29785	3-6 Yrs	1/12-2/2	11:15-11:45 a.m.	Sa	\$45
29786	3-6 Yrs	2/7-2/28	11:15-11:45 a.m.	Th	\$45
29787	3-6 Yrs	2/9-3/2	11:15-11:45 a.m.	Sa	\$45



Visit us at one of our
Long Beach WIC Locations!

**Pregnant, Post-partum & Breastfeeding
Women, Infants, & Children under
5 years old may qualify!
Working families can apply!**

**WE OFFER: HEALTHY FOOD VOUCHERS
NUTRITION EDUCATION CLASSES
BREASTFEEDING EDUCATION & SUPPORT GROUPS
COMMUNITY REFERRALS**

Locations:
1043 Elm Avenue, Suite 401
2525 Grand Avenue
5166 Atlantic Avenue
2125 Santa Fe Avenue
1133 Rhea Street

(562) 570-4242
health-wic@longbeach.gov

This institution is an equal opportunity provider.



Preschool Classes continued

PRE SOCCER

Teaches the basic techniques of the games and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Good Neighbor Park

Kidz Love Soccer

29577	4-5 Yrs	2/1-3/22	10:10-10:45 a.m.	F	\$113
29578	4-5 Yrs	1/18-3/15	4:30-5:05 p.m.	F	\$113
29579	4-5 Yrs	1/19-3/30	10:30-11:05 a.m.	Sa	\$113

College Estates Park

Kidz Love Soccer

29580	4-5 Yrs	1/19-3/23	10:40-11:15 a.m.	Sa	\$113
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TEE-BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt. *No class: 2/18.

Good Neighbor Park

TriFytt Sports

29614	2-3 Yrs	1/21-2/25	4-4:30 p.m.	M	\$79
29615	2-3 Yrs	1/21-2/25	4:30-5 p.m.	M	\$79



TINY TUMBLERS - PARENT & ME GYMNASTICS GYM I

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bars, beam, floors and rings. Along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. Requirements: Must be able to walk. *No Class 12/29.

Wardlow Park

Aerial Butterflies LLC.

29897	9 Mos-2 Yrs	12/4-12/18	10-10:45 a.m.	Tu	\$45
29898	9 Mos-2 Yrs	1/8-1/29	10-10:45 a.m.	Tu	\$60
29899	9 Mos-2 Yrs	2/5-2/26	10-10:45 a.m.	Tu	\$60
29903	9 Mos-2 Yrs	12/12-12/19	10-10:45 a.m.	W	\$30
29904	9 Mos-2 Yrs	1/9-1/30	10-10:45 a.m.	W	\$60
29905	9 Mos-2 Yrs	2/6-2/27	10-10:45 a.m.	W	\$60
29922	9 Mos-2 Yrs	12/1-12/22	9:30-10:15 a.m.	Sa	\$60
29923	9 Mos-2 Yrs	1/5-1/26	9:30-10:15 a.m.	Sa	\$60
29924	9 Mos-2 Yrs	2/2-2/23	9:30-10:15 a.m.	Sa	\$60

TINY TUMBLERS - PARENT & ME GYMNASTICS GYM II

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bars, beam, floors and rings. Along with movement to music, parachutes, bubbles and more. Your child will learn how their body works. * No class held on 1/01/19.

Wardlow Park

Aerial Butterflies LLC.

29872	2 Yrs 9 Mos-4 Yrs	12/1-12/29	10:20-11:05 a.m.	Sa	\$60
29873	2 Yrs 9 Mos-4 Yrs	1/5-1/26	10:20-11:05 a.m.	Sa	\$60
29874	2 Yrs 9 Mos-4 Yrs	2/2-2/23	10:20-11:05 a.m.	Sa	\$60
29880	2 Yrs 9 Mos-4 Yrs	12/4-12/18	10:50-11:35 a.m.	Tu	\$45
29881	2 Yrs 9 Mos-4 Yrs	1/8-1/29	10:50-11:35 a.m.	Tu	\$60
29882	2 Yrs 9 Mos-4 Yrs	2/5-2/26	10:50-11:35 a.m.	Tu	\$60
29883	2-4 Yrs	12/12-12/19	10:50-11:35 a.m.	W	\$30
29884	2-4 Yrs	1/9-1/30	10:50-11:35 a.m.	W	\$60
29885	2-4 Yrs	2/6-2/27	10:50-11:35 a.m.	W	\$60

TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice - 3975 Pixie Ave., Lakewood.

The Rinks Lakewood Ice

Ice Management LLC.

29788	3-6 Yrs	11/28-12/19	6:10-6:40 p.m.	W	\$45
29789	3-6 Yrs	11/29-12/20	4-4:30 p.m.	Th	\$45
29790	3-6 Yrs	12/1-12/22	10:15-10:45 a.m.	Sa	\$45
29791	3-6 Yrs	1/16-1/30	6:10-6:50 p.m.	W	\$45
29792	3-6 Yrs	1/3-1/31	4-4:30 p.m.	Th	\$45
29793	3-6 Yrs	1/12-2/2	10:15-10:45 a.m.	Sa	\$45
29794	3-6 Yrs	2/6-2/27	6:10-6:50 p.m.	W	\$45
29795	3-6 Yrs	2/7-2/28	4-4:30 p.m.	Th	\$45
29796	3-6 Yrs	2/9-3/2	10:15-10:45 a.m.	Sa	\$45

TOT ICE HOCKEY

Pre-requisite: four weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th, 3-5:30 p.m. or Sa, 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at - 3975 Pixie Ave., Lakewood.

The Rinks Lakewood Ice

Ice Management LLC.

29806	3-6 Yrs	11/29-12/20	5:30-6 p.m.	Th	\$45
29807	3-6 Yrs	12/1-12/22	10:15-10:45 a.m.	Sa	\$45
29808	3-6 Yrs	1/10-1/31	5:30-6 p.m.	Th	\$45
29809	3-6 Yrs	1/12-2/2	10:15-10:45 a.m.	Sa	\$45
29810	3-6 Yrs	2/7-2/28	5:30-6 p.m.	Th	\$45
29811	3-6 Yrs	2/9-3/2	10:15-10:45 a.m.	Sa	\$45

TOT SOCCER

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. Class held at Good Neighbor Park in El Dorado Park West.

Good Neighbor Park

Kidz Love Soccer

29585	3 Yrs 6 Mos-4 Yrs	1/18-3/29	10:10-10:45 a.m.	F	\$113
29586	3 Yrs 6 Mos-4 Yrs	1/18-3/15	4:30-5:05 p.m.	F	\$113
29587	3 Yrs 6 Mos-4 Yrs	1/19-3/30	10-10:30 a.m.	Sa	\$113

College Estates Park Open Space

Kidz Love Soccer

29588	3 Yrs 6 Mos-4 Yrs	1/19-3/23	10:10-10:40 a.m.	Sa	\$113
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YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such as a yoga, martial arts and gymnastics.

CAMPS

BRIXOLOGY - LEGO ENGINEERING

This program allows students to step into the shoes of an engineer. Build a different project with Lego bricks each week. Explore different aspects of engineering such as mechanical, structural, aerospace, nautical, and bioengineering. Use critical thinking, cooperation, and creative problem solving to test and improve creations. Experience extended learning with a take-home to reinforce each concept learned. \$35 cash material fee is due on the first day of class. *No class: 12/28, 1/4.

Heartwell Park Mad Science Of Los Angeles
29959 7-12 Yrs 12/7-2/8 3-4 p.m. F \$149

CRAYOLA - WORLD OF DESIGN

Take a journey to the farthest reaches of the imagination while learning about the rain forest, Hollywood, Mars and a futuristic city. Use the design thinking process to solve real-world problems in these different environments. Experiment with Crayola products and may art techniques like sculpting, storyboarding, collage and mixed media. Discover design careers like graphic design, universal design, urban design and product design. \$35 cash material fee is due on the first day of class. *No class: 12/29, 1/5.

Heartwell Park Mad Science Of Los Angeles
29960 5-12 Yrs 12/15-2/9 10:30-11:30 a.m. Sa \$149

MAD SCIENCE - RADICAL MAD-ICAL SCIENCE

Are you ready to get engrossed in entomology, the study of bugs? To investigate and analyze crime scene evidence to solve a mystery? To dig in to earth science? We'll see what physical and chemical change take place in and around your kitchen and discover how simple machines make our live easier. Conduct hands-on experiments to understand how and why weather occurs. \$35 material fee is due on the first day of class.

Heartwell Park Mad Science Of Los Angeles
29958 5-12 Yrs 12/3/-2/4/ 3-4 p.m. M \$149

MAD SCIENCE PRESCHOOL MANIA

Prepare your preschoolers to be scientists with this exciting batch of classes. Mad Science will introduce them to concepts of weights and measurements as they balance toys on scales and measure the length of objects. Kids play with magnetic toys that spin and float like magic, make colors bend and play glow in our "Lights On" class, and become junior architects as they build shapes and structures. There may be splashing in our super fun class on water and all its wacky properties, and again when children pretend to eat, swim, and play like some of our favorite underwater creatures. \$35 cash material fee is due on the first day of class. *No class: 12/29, 1/5.

Heartwell Park Mad Science Of Los Angeles
29961 3-4 Yrs 12/12-2/13 10:30-11:30 a.m. W \$149

COOKING

BASIC COOKING FOR KIDS

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen safety.



Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$48.

El Dorado Park West				A Yummy Future	
29441	6-12 Yrs	12/1-12/22	1-2:30 p.m.	Sa	\$110
29442	6-12 Yrs	1/5-1/26	1-2:30 p.m.	Sa	\$110
29443	6-12 Yrs	2/2-2/23	1-2:30 p.m.	Sa	\$110

DANCE

CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy-727 South St., Long Beach.

ong Beach Dance Academy				Joaquin Feliciano	
29565	10-16 Yrs	1/5/-1/26	11:30 a.m.-12:30 p.m.	Sa	\$40
29566	10-16 Yrs	2/-2/23	11:30 a.m.-12:30 p.m.	Sa	\$40
29567	4-9 Yrs	1/5-1/26	10:30 a.m.-11:30 a.m.	Sa	\$40
29568	4-9 Yrs	2/2-2/23	10:30 a.m.-11:30 a.m.	Sa	\$40

HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.an-nepennypackerdance.com. Class held at Los Alamitos Community Center-10911 Oak St., Los Alamitos. Class held at Marina Community Center-151 Marina Dr., Seal Beach. *No Class: 1/21.

Marina Community Center				Anne Pennypacker	
29868	5-12 Yrs	1/7-2/4	3:45-4:30 p.m.	M	\$57
29870	5-12 Yrs	1/10-2/7	3:45-4:30 p.m.	Th	\$67
29871	5-12 Yrs	2/28-3/21	3:45-4:30 p.m.	Th	\$57
Los Alamitos				Anne Pennypacker	
29869	5-12 Yrs	2/25-3/18	3:45-4:30 p.m.	M	\$57

HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.annepennypackerdance.com.

Recreation Park

Anne Pennypacker

29875	5-12 Yrs	1/8-2/5	5:15-6 p.m.	Tu	\$67
29876	5-12 Yrs	2/26-3/19	5:15-6 p.m.	Tu	\$57

MEXICAN FOLK DANCE - ADVANCED

This class has intensive foot steps to dance from various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. Jeans and sandals are not allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on students' ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. *No class: 12/22, 12/29, 1/19, 4/13, 4/20.

Veterans Park

Irene Portillo

29598	7-13 Yrs	12/1-2/9	11:15 a.m.-12 p.m.	Sa	\$70
29599	7-13 Yrs	3/2-5/4	11:15 a.m.-12 p.m.	Sa	\$70

MEXICAN FOLK DANCE - BEGINNING

This class will have foot work basic to various regions of Mexico and Spain. Need dance shoes and circle skirt, hair pulled back away from face, sweats or shorts for easy movements. Att: Parents please wait outside of the Social Hall while class is in session. Shows will count as a lesson. *No class: 12/22, 12/29, 1/19, 4/13, 4/20.

Veterans Park

Irene Portillo

29592	5-13 Yrs	12/1-2/9	9:45-10:30 a.m.	Sa	\$70
29593	5-13 Yrs	3/2-5/4	9:45-10:30 a.m.	Sa	\$70

MEXICAN FOLK DANCE - INTERMEDIATE

This class will have repetitive and some foot work basic to various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. Jeans and sandals are not allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on students ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. *No class: 12/22, 12/29, 1/19, 4/13, 4/20.

Veterans Park

Irene Portillo

29594	8-13 Yrs	12/1-2/9	9-9:45 a.m.	Sa	\$70
29595	8-13 Yrs	3/2-5/4	9-9:45 a.m.	Sa	\$70

MEXICAN FOLK DANCE - INTERMEDIATE ADVANCE

This class will have repetitive and some foot work basic to various regions from Mexico and Spain, learning movements of skirts. Student must have some dance experience. Need to have castanets and wear shorts/sweats/dance wear for flexibility. Jeans and sandals are not allowed. Closed toe shoes for support. Hair must be pulled back away from the face. Shows will count as a lesson. To be in this class will depend on students ability to learn or keep up with the class. Att: Parents please wait outside of the Social Hall while class is in session. *No class: 12/22, 12/29, 1/19.

Veterans Park

Irene Portillo

29596	7-13 Yrs	12/1-2/9	10:30-11:15 a.m.	Sa	\$70
29597	7-13 Yrs	3/2-5/4	10:30-11:15 a.m.	Sa	\$70

MUSICAL THEATRE

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. For more information, visit: www.annepennypackerdance.com.

Recreation Park

Anne Pennypacker

29893	5-12 Yrs	1/8-2/5	4:30-5:15 p.m.	Tu	\$67
29894	5-12 Yrs	2/26-3/19	4:30-5:15 p.m.	Tu	\$57



PRINCESS DANCE

Calling all princesses and fairies! Join the fun by dancing magical adventures and pretending to be a fairy princess, dancing swans, sleeping beauty and more! Through stories and imagination we will create beautiful dances in a fun and creative environment. For more information visit: www.annepennypackerdance.com. Class held at Los Alamitos Community Center - 10911 Oak St., Los Alamitos.

Los Alamitos Community Center

Anne Pennypacker

29895	4-7 Yrs	1/7-2/4	5:15-6 p.m.	M	\$57
29896	4-7 Yrs	2/25-3/18	5:15-6 p.m.	M	\$57

PRINCESS DANCE

Calling all princesses and fairies! Join the fun by dancing magical adventures and pretending to be a fairy princess, dancing swans, sleeping beauty and more! Through stories and imagination we will create beautiful dances in a fun and creative environment. For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center: 151 Marina Dr. Seal Beach, CA.

Marina Community Center

Anne Pennypacker

29906	4-7 Yrs	1/14-2/4	3-3:45 p.m.	M	\$67
29907	4-7 Yrs	3/4-3/18	3-3:45 p.m.	M	\$57

ROCKSTAR POPSTAR

C'mon boys and girls, it's time to party like a Rockstar! We will learn lyrics and dance moves to our favorite pop songs and be stars! At session's end we will put on a concert not to be missed! For more information please visit: www.annepennypackerdance.com. Class held at Los Alamitos Community Center - 10911 Oak St Los Alamitos, 90720. * No class: 1/21.

Los Alamitos Senior Center

Anne Pennypacker

29908	5-12 Yrs	1/7-2/4	4:30-5:15 p.m.	M	\$57
29909	5-12 Yrs	2/25-3/18	4:30-5:15 p.m.	M	\$57

ENRICHMENT**MATH DEVELOPMENT GRADES 2-6**

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: 949-263-0633. Testing and material fee: \$20. Class held on Tuesdays and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center - 5365 E. 2nd St., Long Beach. *No class: 2/11.

LB Community Resource Center **Readwrite Educational Solution Inc.**

29757	6-11 Yrs	11/26-12/19	5:10-5:55 p.m.	M W	\$79
29758	6-11 Yrs	1/16-2/13	5:10-5:55 p.m.	M W	\$79

Heartwell Park **Readwrite Educational Solution Inc.**

29779	6-11 Yrs	11/27-12/20	5:10:55 p.m.	Tu Th	\$79
29780	6-11 Yrs	1/8-1/31	5:10-5:55 p.m.	Tu Th	\$79
29781	6-11 Yrs	2/5-2/28	5:10-5:55 p.m.	Tu Th	\$79

PERSUASIVE VOICES

Active verbs, lively adjectives, creative jingles, and persuasive political voices surround us daily. Come learn persuasive writing in a fun, interactive style as we closely examine and create advertisements, political speeches, announcements, and letters. Develop the vocabulary, critical thinking skills, and persuasive techniques to perfect your writing. Check out Write On via Facebook. Materials fee: \$38. Class is held at the Cypress Community Center 57 Orange Ave., Cypress.

Cypress Community Center **Write On!**

29705	8-12 Yrs	1/8-1/29	3:30-5 p.m.	Tu	\$70
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PROJECT BASED WRITING

Project based instruction connects kids to the "real" world, and inspires impassioned writing. Student will analyze research articles about the sea lion's habitat, breeding, behavior, and physical traits before visiting the Marine Mammal Center. Writing will focus on a persuasive conservation essay which combines research articles, field notes and observations. Although instructor can supervise kids once they are at the center, parents must drive or arrange transportation to the Marine Mammal Center in San Pedro, Ca. on a Saturday morning, TBD. This field trip is optional but absolutely worthwhile. Check out Write On via Facebook. Materials fee: \$38. Class is held at the Cypress Community Center 57 Orange Ave., Cypress.

Cypress Community Center **Write On!**

29715	8-12 Yrs	2/5-2/26	3:30-5 p.m.	Tu	\$80
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READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20. Class held at the Long Beach Community Resource Center - 5365 E. 2nd St., Long Beach. *No class: 2/11.

LB Community Resource Center **Readwrite Educational Solution Inc.**

29750	6-11 Yrs	11/26-12/19	4:20-5:05 p.m.	M W	\$79
29751	6-11 Yrs	1/16-2/13	4:20-5:05 p.m.	M W	\$79

READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20.

Heartwell Park **Readwrite Educational Solution Inc.**

29770	6-11 Yrs	11/27-12/20	4:20-5:05 p.m.	Tu Th	\$79
29771	6-11 Yrs	1/8-1/31	4:20-5:05 p.m.	Tu Th	\$79
29772	6-11 Yrs	2/5-2/28	4:20-5:05 p.m.	Tu Th	\$79

READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20. Class held on Tuesdays and Thursdays meets at Heartwell Park, class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center - 5365 E. 2nd St., Long Beach.

LB Community Resource Center **Readwrite Educational Solution Inc.**

29748	4-6 Yrs	11/26-12/19	3:30-4:15 p.m.	M W	\$79
29749	4-6 Yrs	1/16-2/13	3:30-4:15 p.m.	M W	\$79

Heartwell Park **Readwrite Educational Solution Inc.**

29767	4-7 Yrs	11/27-12/20	3:30-4:15 p.m.	Tu Th	\$79
29768	4-7 Yrs	1/8-1/31	3:30-4:15 p.m.	Tu Th	\$79
29769	4-7 Yrs	2/5-2/28	3:30-4:15 p.m.	Tu Th	\$79

MUSIC**EXPLORING INSTRUMENTS**

Want to play music but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts **Jammin' Music Inc.**

29555	7-11 Yrs	1/15-2/19	4-4:50 p.m.	Tu	\$95
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GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Please note class is taught on electronic keyboards. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts **Jammin' Music Inc.**

29556	7-12 Yrs	1/15-2/19	4-4:50 p.m.	Tu	\$95
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GUITAR

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Whaley Park **Daniel Howe**

29519	8-17 Yrs	1/30-2/27	6:30-7:30 p.m.	W	\$65
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JAMMIN' MUSIC GLEE CLUB

Participants will have a blast singing group renditions of pop and rock songs while also learning proper vocal technique (breathing, warm-ups, pitch and more), light choreography and stage blocking. Class will conclude with a live performance. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts **Jammin' Music Inc.**

29557	7-14 Yrs	12/13-2/28	4:30-5:30 p.m.	Th	\$135
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KEYBOARD KIDS

Learn to play piano in a fun and supportive atmosphere. Rhythm, note recognition and proper keyboard technique will be taught as well as simple melodies. Concepts are reinforced through musical games and activities to keep children actively engaged in the learning process. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts			Jammin' Music Inc.		
29558	5-6 Yrs	1/15-2/19	3-3:50 p.m.	Tu	\$95
29559	5-6 Yrs	1/19-2/23	11-11:50 a.m.	Sa	\$95

ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists...learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts			Jammin' Music Inc.		
29563	8-14 Yrs	1/18-2/22	5-5:50 p.m.	F	\$85

UKULELE FUNTIME

Ukulele is a fun instrument that anyone can learn, and our group ukulele class is open to kids, parents and people of all ages! Learn basic chords, proper technique, songs on the uke in a fun friendly environment. Class held at Jammin' Music - 4228 Atlantic Ave., Long Beach.

Jammin' Music and Arts			Jammin' Music Inc.		
29564	8-14 Yrs	1/18-2/22	4-4:50 p.m.	F	\$90

SPORTS

B-BALLERS HOOP FUNDAMENTAL BASKETBALL

Allowing the kids to play team basketball against each other will help them develop teamwork, confidence, and fundamental basketball game skills. Participants will play half and full court games against each other on teams. B-Ballers Hoops Coaches will officiate all games. Material (Jersey) Fee: \$20. Classes held at Hoover Middle School Gym - 3501 Country Club Dr., Lakewood.

Hoover Middle School			B-Ballers Hoop School		
29427	6-12 Yrs	12/1-12/15	12:30-2 p.m.	Sa	\$75
29428	6-12 Yrs	1/12-1/26	12:30-2 p.m.	Sa	\$75
29429	6-12 Yrs	2/9-2/23	12:30-2 p.m.	Sa	\$75

B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Ages 6-9 yrs from 3-4 pm. Ages 10-17 yrs from 4-5 p.m. Material Fee: \$20. Classes held at Wilson High School Gym - 4400 E. 10th St., Long Beach.

Wilson High School Gym			B-Ballers Hoop School		
29421	6-17 Yrs	12/2-12/16/	3-4 p.m.	Su	\$65
29422	6-17 Yrs	1/6-1/27	3-4 p.m.	Su	\$65
29423	6-17 Yrs	2/3-2/24	3-4 p.m.	Su	\$65

BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice 3975 Pixie Ave., Lakewood.

The Rinks Lakewood Ice			Ice Management LLC.		
29797	7-14 Yrs	11/28-12/19	6:40-7:10 p.m.	W	\$45
29798	7-14 Yrs	11/29-12/20	4:30-5 p.m.	Th	\$45
29799	7-14 Yrs	12/1-12/22	11:15-11:45 a.m.	Sa	\$45
29800	7-14 Yrs	1/9-1/30	6:40-7:10 p.m.	W	\$45
29801	7-14 Yrs	1/10-1/31	4:30 p.m.-5: p.m.	Th	\$45
29802	7-14 Yrs	1/12-2/2	11:15-11:45 a.m.	Sa	\$45
29803	7-14 Yrs	2/6-2/27	6:40-7:10 p.m.	W	\$45
29804	7-14 Yrs	2/7-2/28	4:30-5: p.m.	Th	\$45
29805	7-14 Yrs	2/9-3/2	11:15-11:45 a.m.	Sa	\$45

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20.

Pan American Park			James Christian		
29551	7-14 Yrs	12/2-12/30	12-1 p.m.	Su	\$50
29552	7-14 Yrs	1/20-2/17	12-1 p.m.	Su	\$50



GYMNASTICS - ADVANCED

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Woodrow Wilson High School - 4400 E. 10th St., Long Beach, Gymnastics Room - 6 Building.

Wilson High School			Cheryl Milgrom		
29496	6-17 Yrs	12/4-12/13	6:45-8:15 p.m.	Tu Th	\$60
29500	6-17 Yrs	1/8-1/31	6:45-8:15 p.m.	Tu Th	\$120
29501	6-17 Yrs	2/5-2/28	6:45-8:15 p.m.	Tu Th	\$120

GYMNASTICS - BEGINNING

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Woodrow Wilson High School - 4400 E. 10th St., Long Beach, Gymnastics Room - 6 Building.

Wilson High School			Cheryl Milgrom		
29497	6-17 Yrs	12/6-12/13	5-5:50 p.m.	Th	\$24
29498	6-17 Yrs	1/10-1/31	5-5:50 p.m.	Th	\$48
29502	6-17 Yrs	2/7-2/28	5-5:50 p.m.	Th	\$48
29503	6-17 Yrs	2/5-2/26	5-5:50 p.m.	Tu	\$48
29504	6-17 Yrs	1/8-1/29	5-5:50 p.m.	Tu	\$48
29505	6-17 Yrs	12/4-12/11	5-5:50 p.m.	Tu	\$24

GYMNASTICS - INTERMEDIATE

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School - 4400 E. 10th St., Long Beach, Gymnastics Room - 6 Building.

Wilson High School

Cheryl Milgrom.

29499	6-17 Yrs	12/4-12/13	5:50-6:40 p.m.	Tu Th	\$42
29506	6-17 Yrs	1/8-1/31	5:50-6:40 p.m.	Tu Th	\$84
29507	6-17 Yrs	2/5-2/28	5:50-6:40 p.m.	Tu Th	\$84

GYMNASTICS- BEGINNING

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and will benefit their performance in other sports and activities.

Wardlow Park

Aerial Butterflies LLC.

29877	4-12 Yrs	12/4-12/18	3:45-4:30 p.m.	Tu	\$50
29878	4-12 Yrs	1/8-1/29	3:45-4:30 p.m.	Tu	\$65
29879	4-12 Yrs	2/5-2/26	3:45-4:30 p.m.	Tu	\$65
29900	4-12 Yrs	12/1-12/22	11:15-12: p.m.	Sa	\$65
29901	4-12 Yrs	1/5-1/26	3:45-4:30 p.m.	Sa	\$65
29902	4-12 Yrs	2/2-2/23	11:15 a.m.-12: p.m.	Sa	\$65

GYMNASTICS- INTERMEDIATE

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastic events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and their performance in other sports and activities. Intermediate prerequisite: ability to perform cartwheel, pull up and vault squat on.

Wardlow Park

Aerial Butterflies LLC.

29925	6-17 Yrs	12/4-12/18	4:30-5:30 p.m.	Tu	\$50
29926	6-17 Yrs	1/8-1/29	4:30-5:30 p.m.	Tu	\$65
29927	6-17 Yrs	2/5-2/26	4:30-5:30 p.m.	Tu	\$65

HORSE FUN FOR KIDS

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. Class held at El Rodeo Stables - 4449 Carbon Canyon Road, Brea.

Rancho del Rio Stables

Fun With Horses

29532	7-12 Yrs	12/1-12/22	11 a.m.-12 p.m.	Sa	\$85
29533	7-12 Yrs	1/5-1/26	11 a.m.-12 p.m.	Sa	\$85
29534	7-12 Yrs	2/2-2/23	11 a.m.-12 p.m.	Sa	\$85

ICE HOCKEY

Prerequisite: four weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice - 3975 Pixie Ave., Lakewood.

The Rinks Lakewood Ice

Ice Management LLC.

29812	7-18 Yrs	11/29-12/20	5:30-6 p.m.	Th	\$45
29813	7-18 Yrs	12/1-12/22	11:15-11:45 a.m.	Sa	\$45
29814	7-18 Yrs	1/10-1/31	5:30-6 p.m.	Th	\$45
29815	7-18 Yrs	1/12-2/2	11:15-11:45 a.m.	Sa	\$45
29816	7-18 Yrs	2/7-2/28	5:30-6 p.m.	Th	\$45
29817	7-18 Yrs	2/9-3/2	11:15-11:45 a.m.	Sa	\$45

INDOOR VOLLEYBALL

Like volleyball? Trying to make your school team? Want to practice your setting? Want to get better or just play to have fun? Here is your chance! Learn the rules and improve your skills through drills and scrimmages. No class: 12/23,12/30.

Pan American Park

Phil Martin

29493	10-17 Yrs	12/2-2/24	4:30-6 p.m.	Su	\$40
29494	10-17 Yrs	12/2-2/24	6:30-8 p.m.	Su	\$40

JUJITSU

Self defense for children. Students learn throws, locks, and holds and develop listening, coordination, and confidence. One on one instruction for beginners and advanced students. For more information please visit: www.LakewoodBudoKai.com. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. *No class: 12/17, 1/4, 1/28, 2/18, 2/25.

Whaley Park

Russell Kelley

29951	6-12 Yrs	12/3-12/19	6-7 p.m.	M W F	\$45
29952	6-12 Yrs	1/2-1/30	6-7 p.m.	M W F	\$45
29953	6-12 Yrs	2/1-2/27	6-7 p.m.	M W F	\$45

KARATE

This traditional Japanese Karate retains all traditions of ancient art. The philosophy and rules of Karate will help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. *No class: 12/25.

Cesar Chavez Park

Jony Martinez

29604	5-12 Yrs	12/7-1/4	6-7:15 p.m.	M W F	\$75
29605	5-12 Yrs	1/2-1/30	6-7:15 p.m.	M W F	\$75
29606	5-12 Yrs	2/1-2/27	6-7:15 p.m.	M W F	\$75

MIXED MARTIAL ARTS-UPPER BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$50.

El Dorado Park West

Michael J. Rice

29737	6-17 Yrs	12/6-12/28	7-8 p.m.	Th F	\$50
29738	6-17 Yrs	1/3-1/31	7-8 p.m.	Th F	\$50
29739	6-17 Yrs	2/1-2/28	7-8 p.m.	Th F	\$50

MIXED MARTIAL ARTS-WHITE BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$50.

El Dorado Park West

Michael J. Rice

29740	6-17 Yrs	12/6-12/28	6-7 p.m.	Th F	\$50
29741	6-17 Yrs	1/3-1/31	6-7 p.m.	Th F	\$50
29742	6-17 Yrs	2/1-2/28	6-7 p.m.	Th F	\$50

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size).

Bixby Park

Antonio Silva

29863	7-17 Yrs	1/4-1/26	6-7 p.m.	F Sa	\$40
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SKATEDOGS SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you! Make new friends, advance your skills and most importantly have fun in our private skate park! Requirements: a signed Skatedogs waiver form, a skateboard, elbow pads, knee pads and a helmet. Class held at Heartwell Park Basketball Court.

Heartwell Park

29447 5-13 Yrs 12/8-1/5 9-10:30 a.m.
29448 5-13 Yrs 1/19-2/16 9-10:30 a.m.

Adam Cohen

Sa \$125
Sa \$125



SOCCER 1- TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and more. Fun skill games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. Class held at Good Neighbor Park in El Dorado Park West.

Good Neighbor Park

29581 5-6 Yrs 1/18-3/15 3:45-4:30 p.m. F \$113
29582 5-6 Yrs 1/19-3/30 11:05-11:50 a.m. Sa \$113
29583 5-6 Yrs 1/19-3/9 11:15-12: p.m. Sa \$113

Kidz Love Soccer

SOCCER 2- SKILLZ AND SCRIMMAGES

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required. Each participant receives a soccer jersey.

College Estates Park

29584 7-10 Yrs 1/19-3/23 12-12:45 p.m.

Kidz Love Soccer

Sa \$113

TRADITIONAL KARATE - BEGINNING

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Free uniform for first time students.

El Dorado Park West

29526 5-14 Yrs 12/22-2/23 10-11: a.m.
29527 5-14 Yrs 12/5-2/27 4:30-5:30 p.m.

David Crockett

Sa \$130
W \$130

TRADITIONAL KARATE - INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Free uniform for first time students. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday. *No class 6/9.

Recreation Park

29528 5-17 Yrs 12/12-2/20 5:30-6:30 p.m.
29529 5-99 Yrs 12/1-2/23 9-10: a.m.

David Crockett

W \$140
Sa \$140

FREE YOUTH SPORTS LEAGUES

\$10 fee for uniform and team photo

Coed Basketball ages 5-8
Boys Basketball ages 9-14
Girls Basketball ages 9-14

Register online starting November 1, 2018
at teamsideline.com/longbeach.
Leagues start January 19, 2019
at Long Beach Parks.



Emphasis is placed on participation and skill development.
Nine week season schedule includes practices and six weeks of games.

Call (562) 570-1707 or visit www.teamsideline.com/longbeach and click under Youth Sports for more information.
Call your local park for practice schedule information.

Long Beach Parks, Recreation and Marine Free After School Program Park Sites ages 5-12

What is Your Child Doing After School?

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, movies, holiday celebrations and more.

Visit: <https://bit.ly/1Neoc8o> for program schedules and descriptions.

Park Locations and Hours*

Admiral Kidd Park
2125 Santa Fe Ave.
570-1600
M-F 3-6 p.m.

Bixby Park
130 Cherry Ave.
570-1601
M-F 3-6 p.m.

Chavez Park
401 Golden Ave.
570-8890
M-F 3-6 p.m.

Coolidge Park
352 Neece Ave.
570-1618
M-F 3-6 p.m.

Drake Park
951 Maine Ave.
570-1625
M-F 3-6 p.m.

Houghton Park
6301 Myrtle Ave.
570-1640
M-F 3-6 p.m.

M.L. King Jr. Park
1950 Lemon Ave.
570-4405
M-F 3-6 p.m.

McBride Park
1550 M.L. King Jr. Blvd.
570-1605
M-F 3-6 p.m.

Orizaba Park
2935 E. Spaulding
570-1427
M-F 3-6 p.m.
Sa. 12-4 p.m.

Pan American Park
5157 Centralia St.
570-1660
M-F 2:30-5:30 p.m.

Ramona Park
3301 E. 65th St.
570-1665
M-F 3-6 p.m.

Seaside Park
1401 Chestnut Ave.
572-5126
M-F 3-5:30 (M-F)
Sa&Su 11 a.m.-3 p.m.

Silverado Park
1545 W. 31st St.
570-1675
M-F 3-6 p.m.

Somerset Park
1500 E. Carson
570-1690
M-F 3-6 p.m.

Stearns Champions Park
4520 E. 23rd St.
570-1685
M-F 3-6 p.m.

Veterans Park
101 E. 28th St.
570-1695
M-F 2:30-5:30 p.m.

Wardlow Park
3457 Stanbridge Ave.
570-1706
M-F 3-6 p.m.

Whaley Park
5620 Atherton St.
570-1710
M-F 2:30-5:30 p.m.

*Park locations and times
are subject to change



TEEN CLASSES

COOKING

BASIC COOKING FOR TEENS

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$60.

El Dorado Park West

A Yummy Future

29409	12-17 Yrs	12/1-12/22	3-4:30 p.m.	Sa	\$110
29410	12-17 Yrs	1/5-2/23	3-4:30 p.m.	Sa	\$110
29411	12-17 Yrs	2/2-2/23	3-4:30 p.m.	Sa	\$110

ENRICHMENT

DRIVER'S EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

Online

All Good Driving School Inc.

29412	14-18 Yrs	12/6-1/5	12 a.m.-11:59 p.m.	\$40
29413	14-18 Yrs	12/30-1/28	12 a.m.-11:59 p.m.	\$40
29414	14-18 Yrs	1/29-2/28	12 a.m.-11:59 p.m.	\$40

SPORTS

B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. Classes held at Wilson High School Gym - 4400 E. 10th St., Long Beach.

Wilson High School Gym

B-Ballers Hoop School

29424	13-16 Yrs	12/2-12/16	4-5 p.m.	Su	\$65
29425	13-16 Yrs	1/6-1/27	4-5 p.m.	Su	\$65
29426	13-16 Yrs	2/3-2/24	4-5 p.m.	Su	\$65

B-BALLERS HOOP SCHOOL FOR GIRLS

Our female coach and our male coaches will teach the fundamentals of basketball using drills sequences. We will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. Material Fee: \$20 due 1st day of class for shirts. Class held at Wilson High School Gym- 4400 E. 10th St., Long Beach. *No class held on 12/23.

Wilson High School Gym

B-Ballers Hoop School

29415	5-13 Yrs	12/2-12/16	4-5 p.m.	Su	\$65
29416	5-13 Yrs	1/6-1/27	4-5 p.m.	Su	\$65
29417	5-13 Yrs	2/3-2/24	4-5 p.m.	Su	\$65



FREEMAN COMMUNITY 1205 FREEMAN AVE. • **HOUGHTON PARK** 6301 MYRTLE AVE.
CESAR CHAVEZ PARK 401 GOLDEN AVE. • **SILVERADO PARK** 1545 W. 31ST
McBRIDE PARK 1550 MARTIN LUTHER KING JR. AVE.

MAKE NEW FRIENDS • SPORTS • TOURNAMENTS • FIELD TRIPS • DINNER PROGRAM • FUN

RECREATIONAL ACTIVITIES • FITNESS CLASSES • TOURNAMENTS
HOMEWORK ASSISTANCE • VOLUNTEER OPPORTUNITIES • MEET NEW FRIENDS

VISIT WWW.LBPARKS.ORG



LONG BEACH FIRE DEPARTMENT JUNIOR LIFEGUARD TRYOUT PREPARATION CLASS

The purpose of this class is to give future Junior Lifeguards who are struggling to pass the swim test the tools and skills they need to pass the swim test requirement to participate in the LBFD Junior Lifeguard Program.

This class is not a learn-to-swim course and is not open to current Junior Lifeguards. Your child should be able to swim 4 laps in a pool in under 3:30.00 to qualify.

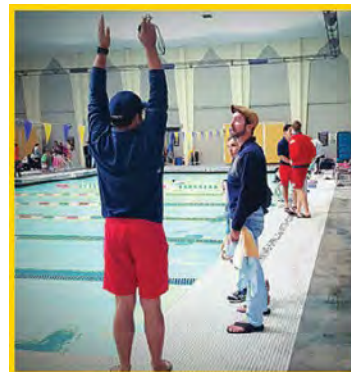
Please contact the Junior Lifeguard Coordinator at LBJG@longbeach.gov if you have any questions regarding your child's eligibility before registering, as we do offer free evaluations.

Class details:

- **When:** Tuesdays & Thursdays tentatively 5:30-6:30 p.m., March 5 – May 2
- **Where:** Silverado Park Pool, 1540 W. 32nd Street, Long Beach, CA 90813
- **Ages:** 9 to 17 years old as of July 1st, 2018
- **Price:** FREE

Register online at www.longbeachjgs.com

**CLASS GOAL & JUNIOR LIFEGUARD REQUIREMENT:
100-YARD SWIM IN UNDER TWO MINUTES**



For more information visit
www.longbeachjgs.com,
email LBJG@longbeach.gov,
or call 562-536-7807

**Registration for 2019 JG Program opens
Feb 2019**

Scholarships Are Now Available

Class and camp experiences have a profound impact on children's lives by expanding knowledge in education skills, the arts, health and nutrition, social skills, mobility and safety.

Low income youth and foster children, ages 5 to 18 have an opportunity to receive a scholarship of \$150 per year beginning July 1st through June 30th.

In order to qualify your family must meet certain income levels or qualify for the free school lunch program through Long Beach Unified Schools.

Go on-line to www.partnersofparks.org to download the application. Complete the form and send it to: Partners of Parks, 1150 E. 4th St., Long Beach, CA 90802 or drop it by the Parks, Recreation and Marine Registration Office at 2760 Studebaker Rd., Long Beach.

The application must be received a minimum of 10 business days before the class begins.



**PARTNERS OF PARKS
LONG BEACH**



ADULT CLASSES

ART AND CULTURAL

AMAZING ART

Acrylic painting. Never painted before? Bring an 8" x 10" color picture and an 8" x 10" black and white paper copy of the same picture that you would like to paint. Learn painting and art techniques. Surprise yourself! Please no portraits or abstract pictures for beginners. Advanced artists are welcome. All materials furnished by instructor. Material fee: \$20. *No Class: 1/31.

Heartwell Park

29726	10 Yrs +	1/3-1/24	7-9 p.m.	Th	\$45
29727	10 Yrs +	2/7-2/28	7-9 p.m.	Th	\$45

Mary Crowder

ARTIST GROUP

Beginners through advanced. All medias welcomed. Bring your own supplies. Working around other artists increases your creativity and enthusiasm. Come join the group. Fee per person, per class.

Park College Estates

29946	10 Yrs +	1/8-1/29	11 a.m.-2 p.m.	Tu	\$5
29947	10 Yrs +	2/5-2/26	11 a.m.-2 p.m.	Tu	\$5
29728	10 Yrs +	1/3 1/24	7-9 p.m.	Th	\$5
29729	10 Yrs +	2/7-2/28	7-9 p.m.	Th	\$5

Mary Crowder

BEGINNING DIGITAL PHOTOGRAPHY

A great class for owners of digital cameras with adjustable aperture and shutter. Learn about focusing, exposure, white balance, ISO, and lenses to make better photographs of your favorite subjects. Also learn about megapixels, memory cards, jpeg and raw files. Bring camera and owner's manual. Saturday Field Session 2/2 from 9:30 to 11:30 a.m. Material Fee \$5.

El Dorado Park West

29508	16 Yrs +	1/7-2/18	7-9 p.m.	M	\$65
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Craig Fucile

BEGINNING SEWING - THE APRON

Make an apron and optional potholder while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit www.sewvacld.com for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Class held at Sew Vac Limited - 1762 Clark Ave., Long Beach. *No class: 12/22, 12/29, 1/5.

Sew Vac Limited

29482	18Yrs+	12/1-1/19	2-4:30 p.m.	Sa	\$55
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Sew Vac Inc.



BEGINNING SEWING-THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Visit www.sewvacld.com for supply list. *No class: 12/26, 1/2, 1/23. Sew Vac Limited is located at 1762 Clark Ave., Long Beach.

Sew Vac Limited

29481	18 Yrs +	12/5-1/30	6-9 p.m.
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Sew Vac Inc.

W	\$69
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BEYOND BEGINNING SEWING

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Visit www.sewvacld.com for supply list. Sew Vac Limited is located at 1762 Clark Ave., Long Beach.

Sew Vac Limited

29476	18 Yrs +	1/17-2/7	6-9 p.m.
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Sew Vac Inc.

Th	\$45
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CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$27.

Bixby Park

29462	18 Yrs +	1/7-2/25	9 a.m.-noon	M	\$55
29463	18 Yrs +	1/8-2/26	6-9 p.m.	Tu	\$55
29464	18 Yrs +	1/6-2/24	noon-3 p.m.	Su	\$55
29465	18 Yrs +	1/9-2/27	6-9 p.m.	W	\$55
29468	18 Yrs +	1/6-2/24	12:30-3:30 p.m.	Su	\$55
29469	18 Yrs +	1/7-2/25	9 a.m.-noon.	M	\$55
29470	18 Yrs +	1/8-2/26	6-9 p.m.	Tu	\$25
29483	18 Yrs +	1/9-2/27	6-9 p.m.	W	\$25

Anita Sinclair

DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Bixby Park

29466	18 Yrs +	1/7 -2/25	12:30-3:30 p.m.	M	\$55
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Anita Sinclair

EXPRESSIVE WATERCOLOR

Master innovative watercolor techniques to create rich, deep color and dynamic paintings. Progressive projects will be provided and demonstrated for all levels from beginners to accomplished painters. Some drawing experience would be useful, but isn't required. \$25 material fee, payable in cash at the first class meeting.

El Dorado Park West

29763	16 Yrs +	1/6-1/27	10 a.m. -noon	Su	\$75
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Moir Hahn

EXPRESSIVE WATERCOLOR

Master innovative watercolor techniques to create rich, deep color and dynamic paintings. Progressive projects will be provided and demonstrated for all levels from beginners to accomplished painters. Some drawing experience would be useful, but isn't required. \$25 material fee, payable in cash at the first class meeting.

El Dorado Park West

29766 16 Yrs + 2/3-2/24 10 a.m.-noon Su \$75

Moiria Hahn

FAST QUILT

Now is the perfect time to learn how to quilt using your sewing machine. Come make new friends and learn how to quilt. Material list at first meeting. Must bring your own sewing machine to class.

Wardlow Park

29718 16 Yrs + 1/2 -2/6 6:30-9 p.m. W \$33
29719 16 Yrs + 2/13-3/20 6:30-9 p.m. W \$33

Sandra Szladek

KNITTING AND CROCHET-BEGINNING AND BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: \$20-\$30. Alamitos Bay Yarn Company is located at 174 Marina Dr., Long Beach.

Alamitos Bay Yarn Company

29716 18 Yrs + 1/8-1/29 6-7:30 p.m. Tu \$55
29717 18 Yrs + 2/5-2/26 6-7:30 p.m. Tu \$55

Sandra Carter

NUTS AND BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwicheing and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Sew Vac Limited is located at 1762 Clark Ave., Long Beach. *No class: 12/21, 12/28, 1/4.



Sew Vac Limited

29480 18 Yrs + 12/7 -2/1 2-5 p.m. F \$69

Sew Vac Inc.

OIL PAINTING

Representational oil painting from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills.

Bixby Park

29467 18 Yrs + 1/6-2/24 9 a.m.-noon Su \$55

Anita Sinclair

SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: www.sewvac ltd.com to download the supply list. No toy machines or sergers. Sew Vac Limited is located at 1762 Clark Ave., Long Beach.

Sew Vac Limited

29477 18 Yrs + 12/18-12/18 6-9 p.m. Tu \$30
29478 18 Yrs + 1/26-1/26 1:30-4:30 p.m. Sa \$30
29479 18 Yrs + 2/27-2/27 6-9 p.m. W \$30

Sew Vac Inc.

ADAPTIVE RECREATION

STEP OUT AND SOCIALIZE

Teens and adults with high functioning disabilities can get out in the community and have fun while socializing with peers. Members must be verbal, follow simple directions and stay with a group. Be advised that music may be played during activities and participants need to be capable of engaging in activities. After the first meeting at the park the instructor will indicate where members are to meet for future destinations. Transportation is not provided. Activities and destinations vary weekly. Staff ratio varies depending on activity. An itinerary is sent to participants prior to session starting. * No class: 12/8, 12/22, 12/29, 1/5 1/19.

Stearns Champions Park

29957 15 Yrs + 12/1-2/16 1-4 p.m. Sa \$150

Kristin Abadjian

CAREER ENRICHMENT

VOICE OVERS-NOW IS YOUR TIME!

You've heard Wendy Shapero on TV! (Robot Chicken with Seth Green, Cartoon Network shows, etc.) Now hear Wendy live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

El Dorado Park West

29732 18 Yrs + 2/21 6:30-8:30 p.m. Th \$45

Such A Voice

DANCE

STEP AND SWING

Grab your boots and come learn the latest country dance patterns. You'll also swing in this class. No partner or experience needed. Weingart Senior Center is located at 5220 Oliva Ave., Lakewood.

Weingart Senior Center

29356 18 Yrs + 1/9-2/13 7-8 p.m. W \$34
29357 18 Yrs + 2/20-3/27 7-8 p.m. W \$36

Janet Karter

ADULT HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center-151 Marina Dr., Seal Beach.

Marina Community Center

29866 18 Yrs + 1/9-2/6 6:30-7:15 p.m. W \$67
29867 18 Yrs + 2/27-3/20 6:30-7:15 p.m. W \$57

Anne Pennypacker

ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

El Dorado Park West

29773 18 Yrs + 12/7-12/28 10-11:15 a.m. F \$10
29774 18 Yrs + 1/4-1/25 10-11:15 a.m. F \$10
29775 18 Yrs + 2/1-2/22 10-11:15 a.m. F \$10

Mildred Caudillo

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class. *No Class:12/21 & 12/28.

Wardlow Park

Mildred Caudillo

29776	18 Yrs +	12/7-12/28	6:45-8:30 p.m.	F	\$10
29777	18 Yrs +	1/4-1/25	6:45-8:30 p.m.	F	\$10
29778	18 Yrs +	2/1-2/22	6:45-8:30 p.m.	F	\$10

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

*No class 12/24, 12/31 & 1/7.

Wardlow Park

Fahiem

29538	14 Yrs +	12/3-1/21	6:15-7:15 p.m.	M	\$39
29539	14 Yrs +	1/28-2/25	6:15-7:15 p.m.	M	\$39
29540	14 Yrs +	12/3-1/21	7:30-8:30 p.m.	M	\$39
29541	14 Yrs +	1/28-2/25	7:30-8:30 p.m.	M	\$39
29542	14 Yrs +	12/3-1/21	8:45-9:45 p.m.	M	\$39
29543	14 Yrs +	1/28-2/25	8:45-9:45 p.m.	M	\$39

LATIN DANCE

Caliente! Spice up your next time on the dance floor with hot moves from salsa, cha cha, rumba and more! For more information visit: www.annepennypackerdance.com. Class held at Marina Community Center-151 Marina Dr., Seal Beach.

Marina Community Center

Anne Pennypacker

29890	18 Yrs +	1/9 -2/6	7:15-8 p.m.	W	\$67
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LINE DANCING

This class is sure to bring out the country in you. Come and meet new people. No partner or experience needed. Line dancing is fun to do at parties. Weingart Senior Center is located at 5220 Oliva Ave., Lakewood.

Weingart Senior Center

Janet Karter

29359	18 Yrs +	1/9-2/13	6-7 p.m.	W	\$36
29360	18 Yrs +	2/20-3/27	6-7 p.m.	W	\$17

WEDDING SURVIVAL

Whether getting married, mother/son, father/daughter or simply attending a wedding, this class will prepare you to look your best on the dance floor! For more information visit: www.annepennypackerdance.com. Marina Community Center-151 Marina Dr., Seal Beach.

Marina Community Center

Anne Pennypacker

29910	18 Yrs +	1/10-2/7	6:45-7:15 p.m.	Th	\$60
29911	18 Yrs +	2/28-3/21	6:45-7:15 p.m.	Th	\$48

WEST COAST, NIGHTCLUB AND MORE!

This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! With fun music from blues to big band, to popular fast music of today, you will be a star on all the dance floors! For more information visit: www.annepennypackerdance.com. Marina Community Center-151 Marina Dr., Seal Beach.

Marina Community Center

Anne Pennypacker

29912	18 Yrs +	2/27-3/20	7:15-8 p.m.	W	\$57
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DOG TRAINING

BEGINNING DOG OBEDIENCE

Help your dog develop respect for you and become a reliable, well-mannered member of your family without the use of food in your training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercises and behavior problem solving. Trophies and certificates awarded at graduation. First meeting without dogs. Bring shot records and lawn chair. The fee charged is per dog. One dog per handler. For more information visit: www.dog-classinfo.com or (714) 532-3647. Material fee: \$10. Thursday class held at El Dorado Park on Hockey Court; Tuesday class held at San Martin Park in Lakewood, 5231 Ocana Ave.

El Dorado Park West

Dog Services Unlimited

29631	10 Yrs +	1/31-3/14	7:45-8:45 p.m.	Th	\$98
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San Martin Park

Dog Services Unlimited

29632	10 Yrs +	2/7-3/14	7-8 p.m.	Tu	\$98
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DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help you dog become a well-behaved member of your family without the use of fear or intimidation (no choke chains or prong collars). Learn a variety of real-life rewards and consequences, and how to decrease rewards as behaviors are learned. Class covers foundation behaviors, basic commands used in real life, and more. Dogs four months and older with current vaccines. Materials: \$10. Contact (714) 821-6622 or <http://crossroadspetresort.com> for more information.

Marina Vista Park

Crossroads Pet Resort

29471	10 Yrs +	1/12-2/9	9:30-10:30 a.m.	Sa	\$95
29472	10 Yrs +	2/23-3/23	9:30-10:30 a.m.	Sa	\$95

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real-life commands with added distance, duration, distractions and more. Vaccines must be current. Materials: \$10. Contact (714) 821-6622 or <http://crossroadspetresort.com> for more information.

Marina Vista Park

Crossroads Pet Resort Facility

29473	10 Yrs +	1/12-2/9	10:30-11:30 a.m.	Sa	\$95
29474	10 Yrs +	2/23-3/23	10:30-11:30 a.m.	Sa	\$95

DOG MANNERS "CRASH COURSE"

Accomplish your dog-training goals and correct behavior problems in just four 75-minute lessons. Dogs attend all classes. Please pre-register so instructor can brief you before the first meeting. Obedience commands include: Heel on leash, sit and down on command, stay with distractions, and come when called. Bring \$5 insurance fee & shot records. The class held at Laurel Park, Los Alamitos; Sa class held at El Dorado Park, Hockey Court. Questions? Call Dog Services: (714) 532-3647 or www.DogClassInfo.com.

El Dorado West	Dog Services Unlimited.
29643 10 Yrs + 2/9-3/2 1-2:15 p.m. Sa \$86	
29644 10 Yrs + 1/17-2/7 6-7:15 p.m. Th \$86	

DOG-FRISBEE FUN!

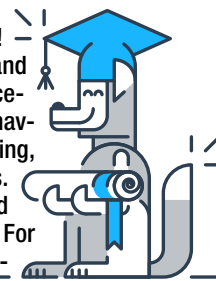
In this one-day workshop, your dog can start learning the fun sport of Disc-Dog Toss-N-Fetch! Instructor David Procida will teach proper Frisbee throwing techniques, safety, and an introduction to some fun stunts, including spins and weaving through your legs. Bring vaccination records and \$5 materials fee. (Includes flying disc). Dogs 5 months and older. Photos/info: www.DogClassInfo.com. After registration, please call Dog Services at (714) 532-3647 with your dog's name, breed and age.

El Dorado Park West	Dog Services Unlimited.
29641 10 Yrs + 2/24 4-5:30 p.m. Su \$28	

PUPPY KINDERGARTEN

Start your new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting without puppies. Bring a lawn chair, current shot records and \$10 material fee (includes a training manual). For more information please visit: www.dogclassinfo.com or call (714) 532-3647.

El Dorado West	Dog Services Unlimited
29645 10 Yrs + 2/9-3/16 12-1 p.m. Sa \$88	



ENRICHMENT

FASHION MAKEUP-A TWO PART SERIES

Part One: "Creating the Classic Face" Designed for beginners, learn the fundamentals of fashion makeup while creating the "Classic Face", a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques taught include; Smokey Eyes, Highlighting, Contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimis@yahoo.com.

Heartwell Park	Rodolfo Nimis
29671 16 Yrs + 12/3-12/10 6:30-8:30 p.m. M \$75	
29672 16 Yrs + 1/7-1/14 6:30-8:30 p.m. M \$75	
29673 16 Yrs + 2/4-2/11 6:30-8:30 p.m. M \$75	

HOW TO SELL ON EBAY

Everyone has lots of stuff in their closets, drawers, garages and paying for storage space. Make money-clear out your stuff. Learn how to Sell on eBay including opening a seller account, write descriptions, competitive pricing, seller rating, best shipping to save you and your customer money, PayPal account set up and recordkeeping.

Long Beach Senior Center	Frances Greenspan
29616 18 Yrs + 2/20-2/27 6:30-8:30 p.m. W \$65	



INTRO TO IMPROV COMEDY

Learn the fundamentals of improv comedy through improvised scenes and theatre games. Emphasis on a creative, supportive environment making strong choices, spontaneity and increasing confidence. Expo Arts Center-4321 Atlantic Blvd., Long Beach.

Expo Arts Center	Darren Held
29524 18 Yrs + 1/10-2/28 7-9:15 p.m. Th \$195	

INTRO TO IMPROV COMEDY

Learn the fundamentals of improv comedy through improvised scenes and theatre games. Emphasis on a creative, supportive environment making strong choices, spontaneity and increasing confidence. Class held at the Expo Arts Center-4321 Atlantic Blvd., Long Beach.

Expo Arts Center	Darren Held
29525 18 Yrs + 1/12-2/16 10 a.m.-1 p.m. Sa \$195	

GreenlightLB

- Cannabis use is **NOT** legal in any public spaces, including parks, cars or beaches
- Driving high is **NOT** legal and may double risk of crashing
- Cannabis is harmful to developing brains (those under 25 years old)
- Protect children by locking cannabis and paraphernalia out of sight and reach
- To reduce risks from cannabis use, use less frequently and in smaller doses

#GreenlightLB #Lbcannabisedu
(562) 570-4207 www.longbeach.gov/cannabisedu



LONG BEACH
DEPARTMENT OF HEALTH
AND HUMAN SERVICES



CITY OF
LONG BEACH

FITNESS

40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become Lean, Agile, Strong, Toned during 40, 30, and 20 second Tabata Bootcamp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available.

Recreation Park

29646	16 Yrs +	12/3-12/17	6-6:45 p.m.	M	\$33
29647	16 Yrs +	1/7-1/28	6-6:45 p.m.	M	\$44
29654	16 Yrs +	2/4-2/25	6-6:45 p.m.	M	\$33

Tami Santy

40-30-20 INTERVAL TRAINING: DROP-IN

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become lean, agile, strong and toned during 40, 30, and 20 second Tabata Bootcamp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. *No class: 10/1, 10/18.

El Dorado Park West

29648	16 Yrs +	12/10-1/21	6-6:45 p.m.	M	\$11
29649	16 Yrs +	1/7/-1/28	6-6:45 p.m.	M	\$11
29655	16 Yrs +	2/4 -2/25	6-6:45 p.m.	M	\$11

Tami Santy

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available.

El Dorado Park West

29650	16 Yrs +	12/4-12/18	6 -7 p.m.	Tu	\$33
29651	16 Yrs +	1/8-1/29	6 -7 p.m.	Tu	\$44
29656	16 Yrs +	2/5-2/26	6 -7 p.m.	Tu	\$44

Tami Santy

B.L.A.S.T. TOTAL BODY FITNESS: DROP-IN

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available.

El Dorado Park West

29652	16 Yrs +	12/4-12/18	6 -7 p.m.	Tu	\$11
29653	16 Yrs +	1/8-1/29	6 -7 p.m.	Tu	\$11
29657	16 Yrs +	2/5-2/26	6 -7 p.m.	Tu	\$11

Tami Santy

DYNAMIC HATHA YOGA FOR HEALTH AND WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available. * No class 11/22.

Whaley Park

29828	16 Yrs +	12/6-12/20	6-7:30 p.m.	Th	\$33
29829	16 Yrs +	12/4-12/18	6-7:30 p.m.	Tu	\$33
29830	16 Yrs +	1/10-1/31	6-7:30 p.m.	Th	\$44
29831	16 Yrs +	2/7-2/28	6-7:30 p.m.	Th	\$33
29832	16 Yrs +	1/8-1/29	6-7:30 p.m.	Tu	\$44
29833	16 Yrs +	2/5-2/26	6-7:30 p.m.	Tu	\$44

David Allen Arnette

29834	16 Yrs +	12/4-12/18	6-7:30 p.m.	Tu	\$15
29835	16 Yrs +	1/8-1/29	6-7:30 p.m.	Tu	\$15
29836	16 Yrs +	2/5-2/26	6-7:30 p.m.	Tu	\$15
29837	16 Yrs +	12/6-12/20	6-7:30 p.m.	Th	\$15
29838	16 Yrs +	1/10-1/31	6-7:30 p.m.	Th	\$15
29839	16 Yrs +	2/7-2/28	6-7:30 p.m.	Th	\$15

DYNAMIC YOGA FOR HEALTH AND WELLNESS COMBO PM

Dr. Arnette combines many styles of yoga for an enlivening and healing experience. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Please bring an able body, mat, strap, blanket and blocks. Walk in fee available.

Whaley Park

29850	16 Yrs +	12/4 -12/20	6-7:30 p.m.	Tu Th	\$57
29851	16 Yrs +	1/8-1/31	6-7:30 p.m.	Tu Th	\$76
29852	16 Yrs +	2/5-2/28	6-7:30 p.m.	Tu Th	\$67

David Allen Arnette



FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching makes this class unique. Class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. Walk in fee available. For more information please visit: www.evelyngrauten.com.

Recreation Park

29931	18 Yrs +	12/5 -12/21	9:45-10:45 a.m.	W F	\$48
29932	18 Yrs +	1/9-2/1	9:45-10:45 a.m.	W F	\$64
29933	18 Yrs +	2/6-3/1	9:45-10:45 a.m.	W F	\$64
29934	18 Yrs +	12/5-12/28	9:45-10:45 a.m.	W F	\$11
29935	18 Yrs +	1/9-2/1	9:45-10:45 a.m.	W F	\$11
29936	18 Yrs +	2/6-3/1	9:45-10:45 a.m.	W F	\$11

Evelyn Grauten

HATHA FLOW YOGA-USING A CHAIR AS A PROP

Yoga postures are available to everyone when using a chair as a prop. A prop is used to create optimal body alignment and make specific poses accessible to those who may not be able to perform the posture due to physical limitations or fatigue. This offers the student a full practice without getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available. *No class 11/22.

Whaley Park

29840	16 Yrs +	12/4-12/18	11 a.m.-12:30 p.m.	Tu	\$33
29841	16 Yrs +	12/6-12/20	11 a.m.-12:30 p.m.	Th	\$33
29842	16 Yrs +	1/10-1/31	11 a.m.-12:30 p.m.	Th	\$44
29843	16 Yrs +	2/7/-2/28	11 a.m.-12:30 p.m.	Th	\$44
29846	16 Yrs +	1/8-1/29	10:30 a.m.-noon	Tu	\$44
29847	16 Yrs +	2/5 -2/26	10:30 a.m.-noon	Tu	\$44
29823	16 Yrs +	12/6-12/20	10:30 a.m.-noon	Th	\$15
29827	16 Yrs +	2/5 -2/26	10:30 a.m.-noon	Tu	\$15
29824	16 Yrs +	1/10-1/31	10:30 a.m.-noon	Th	\$15
29825	16 Yrs +	2/7 -2/28	10:30 a.m.-noon	Th	\$15
29826	16 Yrs +	1/8 -1/29	10:30 a.m.-noon	Tu	\$15

David Allen Arnette

HATHA FLOW YOGA-USING A CHAIR AS A PROP COMBO

Yoga postures are available to everyone when using a chair as a prop. A prop helps create optimal body alignment and makes specific poses accessible to those who may not be able to perform the posture due to physical limitations or fatigue. This offers the student a full practice without getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available.

Whaley Park

David Allen Arnette

29844	16 Yrs +	12/4 -12/20	11 a.m -noon	Tu Th	\$57
29845	16 Yrs +	1/8-1/31	10:30 a.m.-noon	Tu Th	\$76
29848	16 Yrs +	2/5-2/28	10:30 a.m.-noon	Tu Th	\$67
29849	16 Yrs +	12/4-12/18	11 a.m.-12:30 p.m.	Tu	\$15

KUNDALINI YOGA AND MEDITATION

Kundalini Yoga and Meditation is a process of self discovery. You will learn skills to gain a strong nervous system, immune system, vital glands and good circulation. The Meditations guide your awareness to create new mental, emotional and attitudinal patterns. With regular practice you will gain the tremendous benefits of vitality of body and clarity of mind. * No class: 12/23, 12/30.

El Dorado Nature Center

Seventh Chakra Yoga

29720	18 Yrs +	12/2 -12/16	11 a.m.-12:30 p.m.	Su	\$65
29721	16 Yrs +	12/2 -12/16	11 a.m.-12:30 p.m.	Su	\$18
29722	18 Yrs +	1/6 -1/27	11 a.m.-12:30 p.m.	Su	\$60
29723	18 Yrs +	2/3 -2/24	11 a.m.-12:30 p.m.	Su	\$60
29724	16 Yrs +	1/6-1/27	11 a.m.-12:30 p.m.	Su	\$18
29725	18 Yrs +	2/3 -2/24	11 a.m.-12:30 p.m.	Su	\$18

PILATES

Not just your core. Pilate integrates movements that work your entire body. Build strength, endurance and flexibility. Classes consist of mixed levels. Exercises adapted for beginners to advanced. Fun and hard-work, Pilates is a time-tested discipline that delivers. *No class 2/18.

Bixby Park

Elizabeth Markley

29706	16 Yrs +	12/5 -12/19	6-7 p.m.	W	\$39
29707	16 Yrs +	1/9-1/30	6-7 p.m.	W	\$39
29708	16 Yrs +	2/6-2/27	6-7:30 p.m.	W	\$39
29709	16 Yrs +	12/3-12/17	6-7:30 p.m.	M	\$39
29710	16 Yrs +	1/7-1/28	6-7:30 p.m.	M	\$39
29711	16 Yrs +	2/4 -2/25	6-7:30 p.m.	M	\$39

PILATES BARRE FITNESS

This is a new, popular and fun form of fitness. Enjoy a series of core, leg and arm strengthening exercises using various Pilates equipment, provided by instructor, including a portable balance barre. Walk-in fee available. Instructor has been teaching for over 16 years. For more information visit: www.evelyngrauten.com.

Recreation Park

Evelyn Grauten

29937	18 Yrs +	12/5-12/19	11 a.m.-noon	W	\$27
29938	18 Yrs +	1/9-1/30	11 a.m.-noon	W	\$36
29939	18 Yrs +	12/5-12/19	11 a.m.-noon	W	\$11
29940	18 Yrs +	1/9 -1/30	11 a.m.-noon	W	\$11
29941	18 Yrs +	2/6-2/27	11 a.m.-noon	W	\$36
29942	18 Yrs +	2/6 -2/27	11 a.m.-noon	W	\$11

SAVE EVERY DAY

IT'S THE LONG BEACH WAY

H2♥



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.com

PILATES ON THE BALL

A tough class, not for beginners. Take your strength, stamina and flexibility to new levels. Previous experience is helpful but not essential. Bring inflated, size appropriate, balance ball, mat, strap and a sense of humor. *No Class: 1/21.

Bixby Park

Elizabeth Markley

29712	16 Yrs +	12/3-12/17	7:30-8:30 p.m.	M	\$39
29713	16 Yrs +	1/7-1/28	7:30-8:30 p.m.	M	\$39
29714	16 Yrs +	2/4-2/25	7:30-8:30 p.m.	M	\$39

POWER BARRE

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit the website: www.jgparksmartialarts.com. Class held at the U.S. Taekwondo Academy 12233 Centralia St., Lakewood. *No Class: 12/7.

U.S. Taekwondo Academy

Cynthia Markopulos

29513	13 Yrs +	12/3-12/27	7:10-8 p.m.	M Th	\$65
29514	13 Yrs +	1/3-1/31	7:10-8 p.m.	M Th	\$65
29515	13 Yrs +	2/4-2/28	7:10-8 p.m.	M Th	\$65

POWER TAE FITNESS

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. If you like Tae Bo you'll love this class. Please visit the website: www.jgparksmartialarts.com. U.S. Taekwondo Academy is located at 12233 Centralia St., Lakewood. *No Class: 12/8.

U.S. Taekwondo Academy

Cynthia Markopulos

29516	13 Yrs +	12/1-12/29	8:30-9:20 a.m.	W Sa	\$65
29517	13 Yrs +	1/2-1/30	7:10-8 p.m.	W Sa	\$65
29518	13 Yrs +	2/2-2/27	8:30 a.m.-8 p.m.	W Sa	\$65

TAI CHI-QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also helps enhance balance and memory.

Bixby Park

Howard Richner

29745	18 Yrs +	1/12-2/23	9:30-11 a.m.	Sa	\$56
29746	18 Yrs +	1/8-2/19	7-8:30 p.m.	Tu	\$56

TAI CHI/CHI KUNG

Discover and activate your internal energy (chi) through soft flowing movements, meditation, breathing, posture and mind intent. Reduce stress, tone muscles, improve flexibility, increase energy and develop a greater sense of well-being.

Bixby Park

Howard Richner

29747	18 Yrs +	1/3-3/7	7:30-8:30 p.m.	Th	\$56
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YOGA AND AFFIRMATIONS

Hatha yoga is a gentle, system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and a complete relaxation oneness with the body, mind and spirit. *No class 12/24 & 12/31.

El Dorado Park West

Irene Holsters

29544	18 Yrs +	12/3-1/21	6:45-8 p.m.	M	\$60
29545	18 Yrs +	12/5-1/23	6:45-8 p.m.	W	\$60
29546	18 Yrs +	1/28-3/4	6:45-8 p.m.	M	\$60
29547	18 Yrs +	1/30-3/6	6:45-8 p.m.	W	\$60

MUSIC

GUITAR-LEVEL I

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Whaley Park

Daniel Howe

29520	18 Yrs +	1/30-2/27	7:35-8:35 p.m.	W	\$65
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GUITAR-LEVEL II

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar-Level I or instructor's approval required. Material fee \$5.

Whaley Park

Daniel Howe

29521	18 Yrs +	1/30-2/27	8:40-9:40 p.m.	W	\$65
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UKE PLAYER ANONYMOUS

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2.

College Estates Park

Hoku Bray

29475	14 Yrs +	1/8-2/19	7:15-8:15 p.m.	Tu	\$65
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SPORTS

FENCING

An ancient art of noble defense to a modern Olympic sport. Fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Cash material fee: \$10 due on first day of class.

Whaley Park

Orange Coast Fencing Academy

29674	8 Yrs +	11/27-12/18	7:35-9:25 p.m.	Tu	\$50
29675	8 Yrs +	1/8-1/29	7:35-9:25 p.m.	Tu	\$50
29676	8 Yrs +	2/5-2/26	7:35-9:25 p.m.	Tu	\$50

JUJITSU

Japanese jujitsu self defense. Students learn throws, locks and holds to control a larger opponent. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. *No class: 12/17. For more information please visit: www.LakewoodBudoKai.com.

Whaley Park

James Kelton

29948	13 Yrs +	12/3-12/19	7-8 p.m.	M W F	\$45
29949	13 Yrs +	1/2-1/30	7-8 p.m.	M W F	\$45
29950	13 Yrs +	2/1-2/27	7-8 p.m.	M W F	\$45

KARATE

This traditional Japanese Karate retains all traditions of ancient art. The philosophy and rules of Karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate will teach students the customs and courtesies of the Japanese culture. *No class: 12/25.

Cesar Chavez Park

Jony Martinez

29601	13 Yrs +	12/7-1/4	7:15-8:30 p.m.	M W F	\$75
29602	13 Yrs +	1/2-1/30	7:15-8:30 p.m.	M W F	\$75
29603	13 Yrs +	2/1-2/27	7:15-8:30 p.m.	M W F	\$75

KARATE

Okinawan Shorin Ryu Karate. Learn punches, strikes and kicks to defend against an attack. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with 35+ years in Long Beach. *No class: 12/17, 2/18, 2/27. Please visit www.LakewoodBudoKai.com.

Whaley Park

James Kelton

29954	13 Yrs +	12/3-12/19	8-9 p.m.	M W F	\$45
29955	13 Yrs +	1/2 -1/30	8-9 p.m.	M W F	\$45
29956	13 Yrs +	2/1-2/27	8-9 p.m.	M W F	\$45

MIXED MARTIAL ARTS

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$50.

El Dorado Park West

Michael J. Rice

29734	18 Yrs +	12/6-12/28	8-9 p.m.	Th F	\$50
29735	18 Yrs +	1/3-1/31	8-9 p.m.	Th F	\$50
29736	18 Yrs +	2/1-2/28	8-9 p.m.	Th F	\$50

NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: W, 7:10-7:40 p.m., Th, 3-5:30 p.m. or Sa, 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. The Rinks Lakewood Ice-3975 Pixie Ave., Lakewood. Ice Management LLC.

The Rinks Lakewood Ice

Ice Management LLC

29818	15 Yrs +	11/28-12/19	6:40-7:10 p.m.	W	\$45
29819	15 Yrs +	12/1-12/22	10:15-10:45 a.m.	Sa	\$45
29820	15 Yrs +	1/9-1/30	6:40-7:10 p.m.	W	\$45
29821	15 Yrs +	1/12-2/2	10:15-10:45 a.m.	Sa	\$45
29822	15 Yrs +	2/6-2/27	6:40-7:10 p.m.	W	\$45
29853	15 Yrs +	2/9-3/2	10:15-10:45 a.m.	Sa	\$45

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 10/12 & 10/19.

Bixby Park

Antonio Silva

29860	18 Yrs +	12/7 -12/29	7-8 p.m.	F Sa	\$40
29861	18 Yrs +	1/4-1/26	7-8 p.m.	F Sa	\$40
29862	18 Yrs +	12/7-12/29	6-7 p.m.	F Sa	\$40

SPECIAL OLYMPICS "TOP FLIGHT ON ICE"

This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skater will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45 -11:15 a.m. Dress warmly. Check in early. Pre-registration is required. The Rinks Lakewood Ice 3975 Pixie Ave., Lakewood. Ice Management LLC.

The Rinks Lakewood Ice

29854	4 Yrs +	11/28-12/19	6:10-6:40 p.m.	W	\$45
29855	4 Yrs +	12/1-12/22	9:45-10:15 a.m.	Sa	\$45
29856	4 Yrs +	1/9-1/30	6:10-6:40 p.m.	W	\$45
29857	4 Yrs +	1/12-2/2	9:45-10:15 a.m.	Sa	\$45
29858	4 Yrs +	2/6-2/27	6:10-6:40 p.m.	W	\$45
29859	4 Yrs +	2/9-3/2	9:45-10:15 a.m.	Sa	\$45



**FOLLOW PRM
ON SOCIAL MEDIA**



LONG BEACH PARKS, RECREATION & MARINE



Camp Fire Comes Home To North Long Beach!

Come meet the UpTown Afterschool in the Park (UTAP) Crew during "Get Acquainted Week" at DeForest Park.

JANUARY 7-11, 3-6 P.M.

6255 DeForest Ave., Long Beach 90805

Open to children in 1st—8th grades
(from public, private, parochial, and home schools)

Questions? Call (562) 421-2725

...and yes there's more to come! This spring and summer, Camp Fire day camps will be offered at DeForest Park.

Thank you to the City of Long Beach and
Camp Fire alumni for their support.



Busy **Schedule** and Easy **Travel**, Introducing your Senior **LBTinerary**.



Shop at the LB Towne Center and the Los Cerritos Center
Route 173



Tour the Naples Christmas Lights in Alamos Bay
Route 131



Walk Bixby Knolls with the BK Strollers every Saturday
Route 61



Grab seasonal produce at the Paramount Farmer's Market every Friday
Route 22

Shorter days shouldn't mean fewer activities. Our Fall/Winter Senior LBTinerary gives you a few ideas for where to go in Long Beach as the crowds shrink and temperatures cool. There's no limit to what you can do when you explore Long Beach by bus. Join the Connected Seniors Club and ride with confidence to your favorite Long Beach destinations. Visit lbtransit.com/seniors to learn how to get your Senior TAP Card and join our program.



ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725
Visit: teamsideline.com/longbeach

ADULT BASEBALL

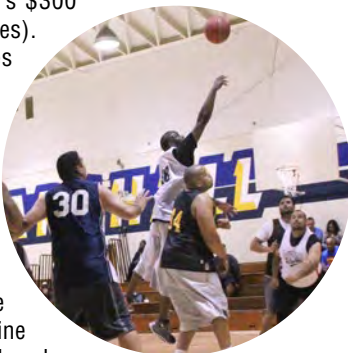


Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game. Limited space per season.

ADULT BASKETBALL

Register by team at the Sports Office or online at www.teamsideline.com/longbeach. Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.

Two officials assigned to each game (\$25/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.



ADULT KICKBALL



Register by team only at the Sports Office or online at www.teamsideline.com/longbeach, 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFT BALL

One official assigned, game day fee \$14/team, per game.

WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in D classification. Ten games plus playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for registration information.



WEEKEND SLOWPITCH LEAGUES - MEN'S & COED

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for more information.

SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 12 games. Team fee: \$265. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL

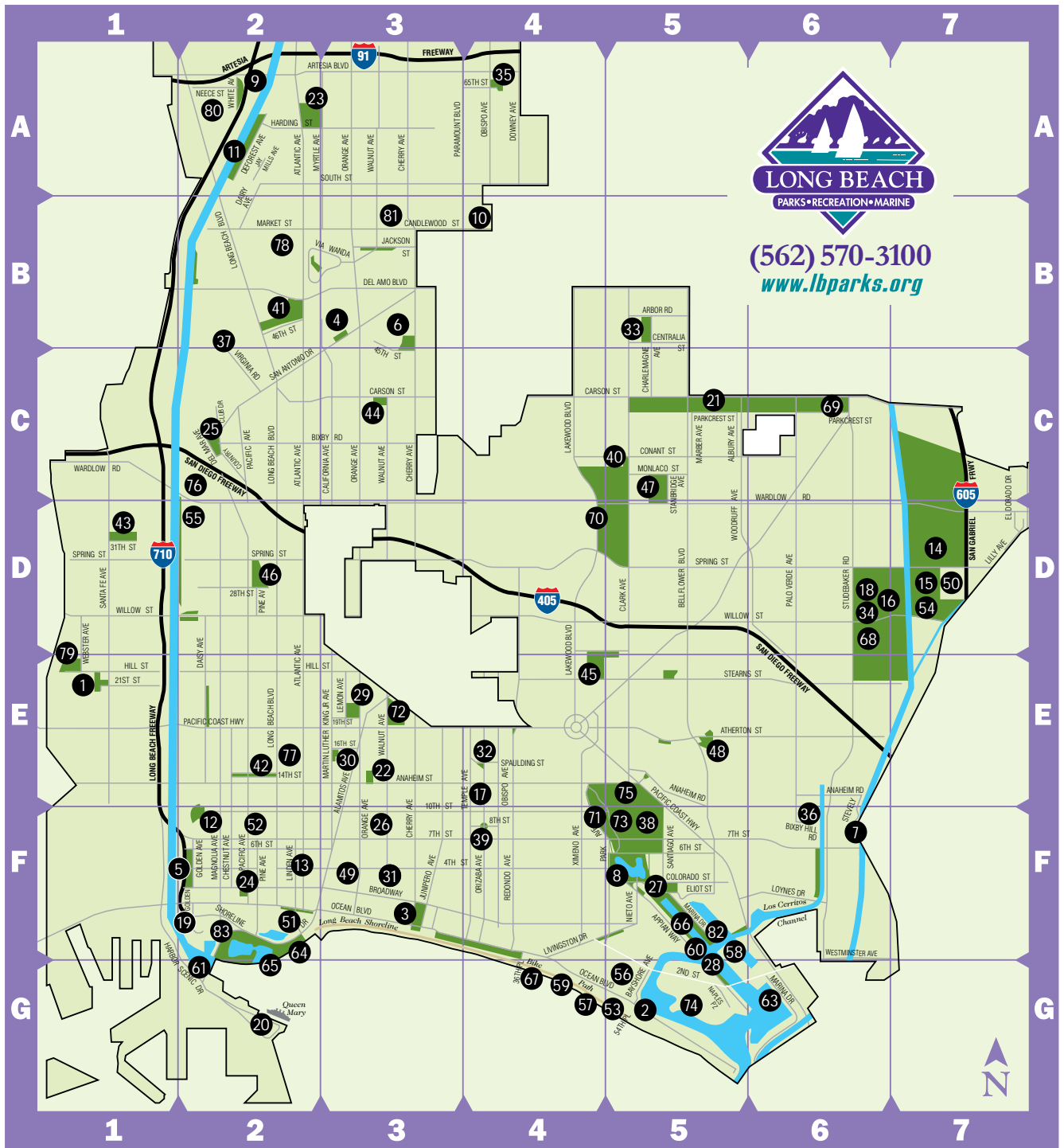
Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 5-12 players allowed on a team. Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$14/ team, per match.

Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us at www.teamsideline.com/longbeach for more information.



NEW ADULT FUTSAL LEAGUE

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Five players per team. Eight-game season with the possibility of playoffs. Saturday and Sunday games at Bayshore Hockey Rink. Team fee: \$280, plus \$16 per game officiating fee.



Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

PARK FACILITIES

1	E4 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7	5	F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres	2L, 5, 6, 7
76	C2 Baker Street, 625 Baker St., 570-3100 - 1.5 acres	6, 7	6	B3 Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres	1L, 2L, 3L, 5, 6, 7, 11C
2	G5 Bayshore, 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	7	F6 College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres	2, 3, 4, 5R, 6, 7
3	F3 Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	8	F5 Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres	6, 7
4	B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	9	A2 Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres	1L

PARK FACILITIES (continued)

26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100- .34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
13	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK
77	E2	Fourteenth Street Park, 570-1608 2.01 acres	2,6,9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK
22	E3	Homeland Cultural Center, 1321 Anaheim Street at MacArthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1,6,7
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 570-1755 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4, 6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 12, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7
48	E5	Whaley, 5620 Atherion St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11

TEEN CENTERS

17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890	
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688	
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640	
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605	

SENIOR CENTERS

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605	
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227	

23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7

DOG FACILITIES

50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS	
80	A2	Coolidge Dog Park, 352 E. Neece St	
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway	
54	D7	El Dorado Dog Park, 7500 E. Spring St	
81	B3	Jackson Street Dog Park, 1 Jackson St.	
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.	
38	F5	Recreation Dog Park, 4900 E. 7th St.	
53	G5	Rosie's Dog Beach, 1 S. Granada	
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave	
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.	
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.	

AQUATIC AND BOATING FACILITIES / BEACHES

8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)	
82	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel	
83	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.	
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.	
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.	
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.	
60	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Paoli Way	
61	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.	
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719	
63	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215	
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950	
65	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636	
66	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215	
67	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806	
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718	
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721	
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)	
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way	5,7

SPORTS FACILITIES

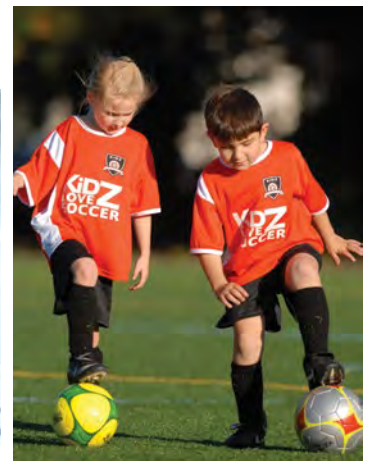
14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
75	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
73	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	



Futsal Courts
Summer Food Program
Basketball Courts
Senior Programs
Golf Courses
Skate Parks
Community Centers
Playgrounds
Aquatics and Pools
Nature Center
Dog Parks

Parks, Recreation & Marine Community Park Directory

Hours of Operation, Recreation Amenities and Programs at Long Beach Parks



COMMUNITY PARK DIRECTORY

Hours, recreation amenities and programs for parks throughout the City.

Amenities: Community Centers

Programs: After School Program, Youth Sports, Senior Program, Teen Program, and Fitness Stations. For more information about Parks, Recreation and Marine facilities and programs, visit www.lbparks.org.

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You Tube:

www.youtube.com/user/ParksLongBeach

Instagram:

www.instagram.com/longbeachparks_rec



Admiral Kidd Park

2125 Santa Fe Avenue
562.570.1600

Hours: Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring and Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program, Monday - Friday: 5 to 8 p.m.

Amenities

Basketball Court
Community Center
Fitness Stations
Playground
Soccer Fields
Weight/Fitness Room

Programs

After School Program
Be SAFE Summer Program
Summer Food Program
Teen Programs
Youth Sports



Baker Park

625 Baker Street
562.570.3100
Hours: Dawn to Dusk

Amenities

Playground



Belmont Plaza Pool

4320 E. Olympic Plaza
562.570.1806
See page 46.



Birdcage Park

6501 Parkcrest Street
562.570.3100
Hours: Dawn to Dusk

Amenities

Playground



Bixby Park

130 Cherry Avenue
562.570.1601

Hours: Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs

Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Basketball Court
Community Center
Fitness Stations
Playground
Soccer Fields
Weight/Fitness Room

Programs

After School Program
Be SAFE Summer Program
Senior Fitness Classes
Summer Food Program
Youth Sports



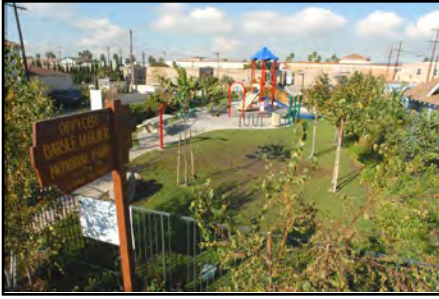
Bixby Knolls Park

1101 San Antonio Drive
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground



Officer Daryle W. Black Memorial Park

2023 Pasadena Avenue
562.570.3100

Hours: Dawn to Dusk

Amenities
Playground

Burton W. Chace Park

65 E. Market Street
562.570.3100

Hours: Dawn to Dusk

Amenities
Playground



Cesar E. Chavez Park

401 Golden Avenue
562.570.8890
Hours: Senior Program
9 a.m. to 2 p.m.

Afterschool Program
Monday - Friday 3 to 6 p.m.

Teen Center
Monday – Friday 4 to 7 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Amenities
Community Center
Dog Park
Fitness Stations
Playground
Skate Park

Programs
After School Program
Be SAFE Summer Program
Summer Food Program
Teen Program
Youth Sports



Cherry Park

1901 E. 45th St.
562.570.1615
Hours: Dusk to Dawn

Amenities
Baseball Fields
Basketball Court
Community Center
Softball Fields
Tennis Courts
Playground

Programs
Summer Food Program
Youth Sports



College Estates Park

808 Stevely Avenue
562.570.1710
Hours: Dusk to Dawn

Amenities
Basketball Court
Community Center
Playground
Tennis Courts

Programs
Youth Sports



Coolidge Park

352 E. Neece St.
562.570.1618
Hours: Dusk to Dawn

Amenities
Community Center
Basketball Court
Dog Park
Fitness Stations
Playground

Programs
After Schopol Program
Summer Food Program
Youth Sports

Craftsman Village Park

851 Orange Avenue
562.570.3100
Hours: Dusk to Dawn

Amenities
Playground



Ed "Pops" Davenport Park

2910 East 55th Way
562.570.1665
Hours: Dusk to Dawn

Amenities
Basketball Court
Playground

Programs
Summer Food Program
Youth Sports



DeForest Park

6255 DeForest Avenue
562.570.1620

Hours: Summer Fun Days
Monday- Friday 11 a.m. to 5 p.m., Summer Only

Amenities

Baseball Field
Basketball Court
Community Center
Futsal Courts
Nature Trail
Playground
Racquetball Court
Soccer Field
Softball Fields

Programs

After School Program
Summer Food Program
Youth Sports



Drake Park

951 Maine Avenue
562.570.1625

Hours: Afterschool Program Monday-Friday 3 to 6 p.m., Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday - Friday: 5 to 8 p.m.

Amenities

Basketball Court
Community Center
Playground
Raquetball Courts
Skate Park

Soccer Field
Softball Field

Programs

After School Program
Be SAFE Summer Program
Summer Food Program
Youth Sports

El Dorado Regional Park & Nature Center

See page 42.



El Dorado Park West

2800 Studebaker Road
562.570.3225

Hours:

Senior Programs
Monday - Friday 9 a.m. to 5 p.m.

Summer Fun Days

Monday- Friday 11 a.m. to 5 p.m. (Summer Only)

Saturday & Sunday: Closed

Amenities

Baseball Fields
Basketball Courts
Community Center
Disc Golf Course
Golf Course
Playground
Skate Park
Soccer Fields
Softball Fields
Tennis Center

Programs

Day Camp Program (Summer)
Senior Program
Winter, Spring and Summer Fun Days
Youth Sports

Fellowship Park

434 E. Willow Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground

Freeman Center

1205 Freeman Ave.
562.570.8688

Hours

Monday-Friday, 3-7 p.m.

Programs

Teen Programs

Grace Park

Elm Ave. & Plymouth St.
562.570.3150

Hours: Dusk to Dawn

Amenities

Playground
Community Garden

Heartwell Park

5801 E. Parkcrest St.
562.570.1635

Hours: Dusk to Dawn

Amenities

Baseball Fields
Basketball Court
Community Center
Golf Course
Playground
Soccer Fields
Softball Fields



Houghton Park

6301 Myrtle Avenue
562.570.1640

Hours: Senior Program, 9 a.m. to 2 p.m.

Afterschool Program

Monday - Friday 3 to 6 p.m.

Saturday & Sunday: Closed

Winter, Spring and Summer Fun Days Programs

Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program

Monday - Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Courts
Community Center
Fitness Stations
Playground
Skate Park
Soccer Fields
Softball Fields
Tennis Courts
Weight Room

Programs

After School Program
Be SAFE Summer Program
Day Camp Program (Summer)
Senior Program
Summer Food Program
Teen Program
Youth Sports

Jackson Park

1432 Jackson Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Dog Park (1800 Jackson)
Playground



King, Martin Luther Jr. Park

1950 Lemon Avenue
562.570.4405

Hours:

Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days
Programs

Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer program
Monday - Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields

Programs

After School Program
Be SAFE Summer Program
Summer Food Program
Youth Sports



Leeway Sailing Center

5437 E. Ocean Blvd.
See page 45



Lilly Park

32 Lilly Avenue
562.570/3100
Hours: Dawn to Dusk

Amenities

Playground



Livingston Drive Playground

4700 Livingston Drive
562.570/3100
Hours: Dawn to Dusk

Amenities

Playground



Locust Tot Lot

2331 Locust Avenue
562.570/3100
Hours: Dawn to Dusk

Amenities

Playground

Loma Vista Park

1173 Loma Vista Drive
562.570.3100
Hours: Dusk to Dawn

Amenities

Playground



Los Altos Park

4851 Stearns Street
562.570.3100
Hours: Dawn to Dusk

Amenities

Playground



Los Altos Plaza Park

5230 Anaheim Road
562.570.3100
Hours: Dawn to Dusk

Amenities

Playground



Long Beach Senior Center

1150 E. 4th Street
562.570.3500
Hours:
Monday-Friday: 8 a.m. to 4:30 p.m.
Saturday: 10 a.m.-4 p.m.

Amenities

Fitness Gym
Friendly Cup Café
Library
Thrift Shop

Programs

Bingo
Craft Classes
Dance Classes
Fitness Classes
Lapidary
Prime Time Players
Sewing
Sing-Along
Social Dance



Los Cerritos Park

3750 Del Mar Avenue
562.570.3150

Hours: Dusk to Dawn

Amenities

Playground
Tennis Courts



MacArthur Park

1321 Anaheim Street
562.570.1655

Hours:

Monday-Thursday: 3 to 10 p.m.
Saturday: 10 a.m.-6 p.m., Sunday 9 a.m.-6 p.m., Fridays: Closed

Amenities

Basketball Court
Community Center
Homeland Cultural Center – See page 40
Playground

Programs

Summer Food Program
Youth Sports



Marina Vista Park

5355 Eliot Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Basketball Courts
Playground
Softball Field
Soccer Field
Tennis Courts



Ernest McBride Park & California Recreation Center

1550 Martin Luther King, Jr. Ave.
562.570.1605

Hours: Senior Program 9 a.m. to 2 p.m.

Teen Center

Monday -Friday 4 to 7 p.m.

Afterschool Program

Monday - Friday 3 to 6 p.m.

Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days
Programs

Monday - Friday: 11 a.m. to 5 p.m.

Amenities

Basketball Court
Community Center
Playground
Skate Park
Weight/Fitness Room

Programs

After School Program
Senior Program
Summer Food Program
Teen Program
Youth Sports



Miracle Park

1518 E. 4th Street
562.570.1787

Hours: Dusk to Dawn

Amenities

Playground

Programs

Youth Sports



Molina, C David Park

4951 Oregon Avenue
562.570.3100

Hours: Dawn to Dusk

Amenities

Fitness Stations
Playground
Soccer Field

NAACP Freedom Park

2300 Martin Luther King Jr. Avenue
562.570.3100

Hours: Dawn to Dusk

Amenities

Bike Path



Orizaba Park

1435 Orizaba Ave.
562.570.1427

Hours:

Afterschool Program

Monday - Friday 3 to 6 p.m.

Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days
Programs

Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program

Monday – Friday: 5 to 8 p.m.

Amenities

Community Center
Playground
Skate Park

Programs

After School Program
Be SAFE Summer Program
Summer Food Program
Youth Sports



Pan American Park

5157 Centralia Street
562.570.1660

Hours:

Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days
Programs

Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday - Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Gym
Playground
Softball Fields

Programs

After School Program
Be SAFE Summer Program
Day Camp Program (Summer)
Youth Sports



Peace Park

1411 Atlantic Avenue
562.570.3100

Hours: Dusk to Dawn

Amenities

Playground

Promenade Square

215 E. First Street
562.570.3150

Hours: Dusk to Dawn

Amenities

Playground



Ramona Park

3301 East 65th Street
562.570.1665

Hours: Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days
Programs

Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday - Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Tennis Courts

Programs

After School Program
Be SAFE Summer Program
Summer Food Program
Youth Sports



Recreation Park

4900 E. 7th Street
562.570.1670

Hours: Dawn to dusk

Amenities

Band Shell
Baseball Field
Casting Pond
Community Center
Dog Park
Golf Course
Lawn Bowling Green
Playground
Tennis Center
Softball Stadium
Volleyball Court

Rivera, Jennie Memorial Park

2001 Walnut Avenue
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground



Scherer Park

4600 Long Beach Blvd.
562.570.1674

Hours: Summer Fun Days
Monday-Friday: 11 a.m. to 5 p.m. Summer
Only

Be SAFE Summer program
Monday - Friday: 5 to 8 p.m.

Amenities

Basketball Court
Community Center
Dog Park
Playground
Tennis Courts

Programs

Be SAFE Summer Program
Summer Food Program
Youth Sport



Seaside Park

14t01 Chestnut Avenue
562.572.5126

Hours: Afterschool Program Hours
Monday - Friday 3 to 6 p.m.

Winter, Spring & Summer
Fun Days Programs
Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday - Friday: 5 to 8 p.m.

Amenities

Playground
Soccer Fields

Programs

After School Program
Be SAFE Summer Program
Summer Food Program
Youth Sports



Silverado Park

1545 West 31st Street

562.570.1675

Hours: Senior Program, 9 a.m. to 2 p.m.
Afterschool Program, Monday-Friday 3 to 6 p.m., Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday - Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Pool
Softball Fields
Skate Park
Tennis Courts

Programs

After School Program
Be SAFE Summer Program
Day Camp Program (Summer)
Senior Programs
Summer Food Program
Teen Programs
Youth Sports



Somerset Park

1500 East Carson

562.570.1690

Hours: After School Program, Monday - Friday 3 to 6 p.m., Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Amenities

Basketball Court
Community Center
Playground
Tennis Courts

Programs

After School Program
Summer Food Program
Youth Sports



Stearns Champions Park

4520 East 23rd Street

562.570.1685

Hours: Afterschool Program
Monday-Friday 3 to 6 p.m., Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Amenities

Baseball Fields
Community Center
Playground
Softball Fields

Programs

After School Program
Summer Day Camp Program
Summer Food Program
Youth Sports



Veterans Park

101 East 28th Street

562.570.1695

Hours:
Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday - Friday: 11 a.m. to 5 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Tennis Courts

Programs

After School Program
Day Camp Program (Summer)
Summer Food Program
Youth Sports



Wardlow Park

3457 Stanbridge Avenue

562.570.1705

Hours: Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields

Programs

After School Program
Day Camp Program (Summer)
Summer Food Program
Youth Sports



Whaley Park

5620 Atherton Street

562.570.1710

Hours: Afterschool Program
Monday - Friday 3 to 6 p.m., Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs, Monday - Friday: 11 a.m. to 5 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Softball Fields

Programs

After School Program
Day Camp Program (Summer)
Youth Sports

ADULT 50+ CLASSES

DANCE

ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class.

Long Beach Senior Center			Daniel Finch		
29152	50 Yrs +	12/5-12/19	6:30-8:30 p.m.	W	\$6
29153	50 Yrs +	1/2/-1/30	6:30-8:30 p.m.	W	\$6
29154	50 Yrs +	2/6/-2/27	6:30-8:30 p.m.	W	\$6

BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Fee per person, per class.

Long Beach Senior Center			Candis Davis		
29378	50 Yrs +	12/4-12/18	1-2 p.m.	Tu	\$4
29404	50 Yrs +	1/8/-1/29	1-2 p.m.	Tu	\$4
29405	50 Yrs +	2/5/-2/26	1-2 p.m.	Tu	\$4
El Dorado West			Candis Davis		
29406	50 Yrs +	12/5-12/26	10:30-11:30 a.m.	W	\$4
29407	50 Yrs +	1/2/-1/30	10:30-11:30 a.m.	W	\$4
29408	50 Yrs +	2/6/-2/27	10:30-11:30 a.m.	W	\$4

ROUND DANCE- INTERMEDIATE-ADVANCED

Teaching Phase 4 through Phase 6 round dance figure clinics and choreography. Hosting cued round dance party dance. Class held on 2nd Saturday. Fee per person, per class.

Long Beach Senior Center			Edward Patrick		
29347	50 Yrs +	12/8-12/8	11 a.m.-4:00 p.m.	Sa	\$5
29348	50 Yrs +	1/12/-1/12	11 a.m.-4:00 p.m.	Sa	\$5
29349	50 Yrs +	2/9/-2/9/	11 a.m.-4:00 p.m.	Sa	\$5
29350	50 Yrs +	12/4-12/18	6:30-9:30 p.m.	Tu	\$5
29351	50 Yrs +	1/8/-1/29	6:30-9:30 p.m.	Tu	\$5
29352	50 Yrs +	2/5/-2/26	6:30-9:30 p.m.	Tu	\$5
29353	50 Yrs +	12/3-1/28	6:30-9:30 p.m.	M	\$5
29354	50 Yrs +	1/7/-1/28	6:30-9:30 p.m.	M	\$5
29355	50 Yrs +	2/4/-2/25	6:30-9:30 p.m.	M	\$5

SENIOR LINE DANCING

Have fun learning line dance and exercising with friends. No experience needed. Fee per person, per class. Class held at Social Hall.

El Dorado Park West			Janet Karter		
29362	50 Yrs +	1/10-1/31	1-2 p.m.	Th	\$3
29363	50 Yrs +	2/7/-2/28	1-2 p.m.	Th	\$3

FITNESS

GENTLE YOGA- ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available. *No class: 12/24, 12/31.

Recreation Park			Silvana Behrens		
29335	50 Yrs +	12/3-12/17	9:45-10:45 a.m.	M	\$30
29336	50 Yrs +	1/7/-1/28	9:45-10:45 a.m.	M	\$30
29343	50 Yrs +	2/4/-2/25	9:45-10:45 a.m.	M	\$40
29607	50 Yrs +	12/3-12/17	9:45-10:45 a.m.	M	\$40
29337	50 Yrs +	12/3-12/17	9:45-10:45 a.m.	M	\$10
29338	50 Yrs +	1/7/-1/28	9:45-10:45 a.m.	M	\$10
29344	50 Yrs +	2/4/-2/25	9:45-10:45 a.m.	M	\$11

GENTLE YOGA- LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Walk in fee available.

Recreation Park			Silvana Behrens		
29339	50 Yrs +	12/6-12/20	9:45-10:45 a.m.	Th	\$30
29340	50 Yrs +	1/10/-1/31	9:45-10:45 a.m.	Th	\$40
29345	50 Yrs +	2/7/-2/28	9:45-10:45 a.m.	Th	\$40
29341	50 Yrs +	12/6-12/20	9:45-10:45 a.m.	Th	\$11
29342	50 Yrs +	1/10/-1/31	9:45-10:45 a.m.	Th	\$11
29346	50 Yrs +	2/7/-2/28	9:45-10:45 a.m.	Th	\$11

SENIOR FITNESS

Lightweight lifting and low impact cardio. Easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class. *No class held 12/22, 12/25.

El Dorado Park West			Sherrie Zachau		
29430	50 Yrs +	12/4-12/27	10-11 a.m.	Tu Th	\$4
29431	50 Yrs +	1/3/-1/29	10-11 a.m.	Tu Th	\$4
29432	50 Yrs +	2/5/-2/28	10-11 a.m.	Tu Th	\$4

ZUMBA® GOLD

There is no wrong way in Zumba Gold- if you are moving and smiling, you nailed it! Walk in fee available. Class held at Room 206.

Long Beach Senior Center			Adrianne Rosenfeld		
29146	50 Yrs +	12/6-12/27	5:30-6:30 p.m.	Th	\$10
29147	50 Yrs +	1/17-1/31	5:30-6:30 p.m.	Th	\$10
29148	50 Yrs +	2/7-2/28	5:30-6:30 p.m.	Th	\$10
29149	50 Yrs +	12/6-12/27	5:30-6:30 p.m.	Th	\$3
29150	50 Yrs +	1/17-1/31	5:30-6:30 p.m.	Th	\$3
29151	50 Yrs +	2/7-2/28	5:30-6:30 p.m.	Th	\$3

ZUMBA® GOLD

A fun Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! Walk in fee available. Class held at Room 206. *No class held 12/22.

Long Beach Senior Center			Sabrina Thomas		
29372	50 Yrs +	12/1-12/29	11:30 a.m.-12:30 p.m.	Sa	\$10
29373	50 Yrs +	1/5-1/26	11:30 a.m.-12:30 p.m.	Sa	\$10
29374	50 Yrs +	2/2-2/23	11:30 a.m.-12:30 p.m.	Sa	\$10
29375	50 Yrs +	12/1-12/29	11:30 a.m.-12:30 p.m.	Sa	\$3
29376	50 Yrs +	1/5-1/26	11:30 a.m.-12:30 p.m.	Sa	\$3
29377	50 Yrs +	2/2-2/23	11:30 a.m.-12:30 p.m.	Sa	\$3

ZUMBA® GOLD

A Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout. Come dance with me! Fee per person, per class.

El Dorado Park West			Sherrie Zachau		
29433	50 Yrs +	12/7-12/28	9-10 a.m.	F	\$4
29434	50 Yrs +	1/4-1/25	9-10 a.m.	F	\$4
29435	50 Yrs +	2/1-2/22	9-10 a.m.	F	\$4

ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class. *No class held 11/21.

El Dorado Park West			Sherrie Zachau		
29436	50 Yrs +	12/5-12/19	9-10 a.m.	W	\$4
29437	50 Yrs +	1/2-1/30	9-10 a.m.	W	\$4
29438	50 Yrs +	2/6-2/27	9-10 a.m.	W	\$4

Senior Programs

LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS

For more information, visit <http://www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/>



FUN FOR ADULTS 50+



Senior Softball League
Call 562.570-1736 or visit
www.teamsideline.com/longbeach

Arts
Cultural experiences
Dance
Fitness
Life-long learning opportunities
Enrichment
Health and social services
Nutrition
Excursions
Drop-in events
Special events
Volunteerism
Special interest groups

Senior Centers

California Recreation Center at McBride Park
1550 Martin Luther King Jr. Ave.
562.570.1605
M - F, 9 a.m. - 2 p.m.

Cesar E. Chavez Park
401 Golden Ave.
562.570.8890
M - F, 9 a.m. - 2 p.m.

Houghton Park
6301 Myrtle Ave.
562.570.1640
M - F 9 a.m. - 2 p.m.

El Dorado Park West
2800 Studebaker Rd.
562.570.3227
M - F 9 a.m. - 2 p.m.



Long Beach Senior Center
1150 E. 4th Street
562.570.3500
M - F, 8 a.m. - 4:30 p.m.
Sa, 10 a.m. - 4 p.m.



Silverado Park
1545 W. 31st Street
562.570.1675
M - F, 9 a.m. - 2 p.m.



HOMELAND CULTURAL CENTER

1321 Anaheim St., MacArthur Park • (562) 570-1655

Hours: Monday-Thursday 3-10 p.m.

Saturday 10 a.m.-6 p.m.

Sunday 9 a.m.-6 p.m.

Closed Fridays

FREE CLASSES AND WORKSHOPS! WINNER OF EXCELLENCE CALIFORNIA PARK AND RECREATION SOCIETY.

Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

African Drum/Dance

10 a.m.-4 p.m. Sa

Aztec Dance

7-9 p.m. W

Ballet Folklórico

5-7 p.m. W

Bokator (Martial Arts)

7-9 p.m. W, Th

Breakdancing for Kids

4-6 p.m. Tu

Cambodian Art and Music

2-4 p.m. Sa



Drums

4-6 p.m. Tu

Graf Murals

6-10 p.m. M, Tu

Guitar/Bass

4-6 p.m. Th

Hmong Arts

9 a.m.-2 p.m. Su

Krump Dance

7-9 p.m. Th

Micronesian Arts

2-6 p.m. Su

Movie Makers Workshop

1-3 p.m. Sa

Popping and Breakdance

6-10 p.m. M, Tu

Senior Recreational Dance

3-5 p.m. Tu, W

Women's Writing Workshop

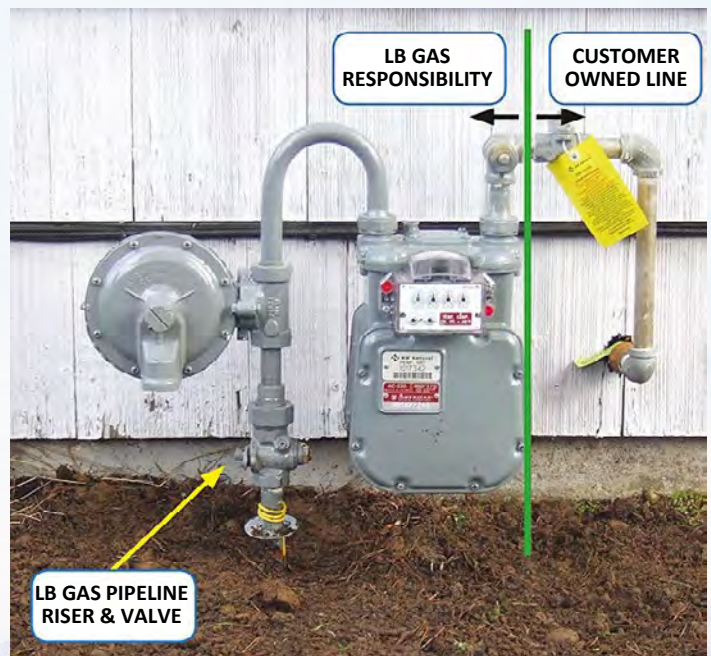
7-9 p.m. M



Natural Gas Safety

IMPORTANT INFORMATION REGARDING YOUR RESPONSIBILITY AS A NATURAL GAS CUSTOMER

- Long Beach Energy Resources (LB Gas) maintains all pipe and equipment, including the meter and regulator, on our side of the line depicted in the image.
- Customers are responsible for maintaining all equipment and piping on their side of the line depicted in the image. This includes all houselines to appliances and any buried fuel lines to outdoor appliances.
- Houselines need to be periodically inspected by a licensed plumber for leakage, damage, and corrosion to remain safe for use.



CITY OF
LONG BEACH
ENERGY RESOURCES

24-Hour Emergency Line: (562) 570-2140

www.lbgo.org

www.facebook.com/GO.COLB.ER



ANIMAL CARE SERVICES

P.O. BOX Pitchford Companion Animal Shelter
7700 East Spring Street • (562) 570-PETS
Hours: Wednesday-Friday 10 a.m.-5:30 p.m.
Saturday and Sunday 10 a.m.-4 p.m.
24 Hour Emergency Service (562) 570-7387

Animal Related Complaints/Questions: (562) 570-PETS (7387)
Interested in volunteering? Need to license your cat or dog? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt?
Please visit us at: www.LongBeachAnimalCare.com.

SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit www.fixlongbeach.com for information.

SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit www.LongBeachAnimalCare.com for more information about spay/neuter assistance.

SPAY AND NEUTER ORDINANCE FOR DOGS & CATS

Effective October 1, 2015, all dogs over 6 months and cats over 4 months are required to be spayed or neutered LBM 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: www.LongBeachAnimalCare.com.

DOG TRAINING CLASSES

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See pages 20 and 21 for details.

PET LICENSING BENEFITS

LICENSING IN LONG BEACH IS MORE THAN JUST A TAG

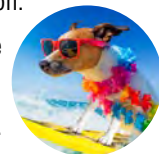
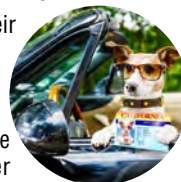
FAST TRACK Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.

FREE RIDE HOME Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.



EXTENDED STAY When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 10 days rather than six days prior to being put up for adoption).

VACATION PET ALERT When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.



LOW COST PET CLINICS

Visit www.LongBeachAnimalCare.com for dates, times, locations, and fees for Low Cost Pet Vaccination and Microchipping Clinics held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st and 3rd Thursday of the month at Scherer Park. Licensing is available at the Saturday clinics. Times, dates and locations are subject to change. Please visit www.SNPLA.org for spay/neuter information.

ADOPT from LONG BEACH ANIMAL CARE SERVICES



7700 E. SPRING ST. LONG BEACH, CA 90815 (562) 570-7387
W - F: 10 a.m. - 5:30 p.m. Sat & Sun: 10 a.m. - 4 p.m.
www.longbeach.gov/acs



Follow us on Social Media

Facebook: [LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)

Instagram & Twitter: [@LBAnimalCare](https://www.instagram.com/LBAnimalCare)

www.longbeach.gov/acs



EL DORADO NATURE CENTER

7550 East Spring Street
(562) 570-1745
www.longbeach.gov/naturecenter

NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.- 5 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.

Celebrating 50 Years 1969-2019



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a rewarding getaway. Visit the interactive, hands-on exhibits available in the

museum and gift shop after you walk the trails.

FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, January 12 & February 9, 10 a.m.-3 p.m. Adults only. \$80 per person for unit of two classes. *Supports Friends of El Dorado Nature Center.*

Pre-registration is required. Call (562) 570-1745.

EDUCATIONAL PROGRAMS

Pre-registration is required. Call (562) 570-1745.

YOUNG EXPLORERS TOUR

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1½ hour program. \$6 per person.

BEEBLE BRIGADE

Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes, and colors around us. Ages 3-5. 1½ hour program. \$5 per person.



DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. 2-hour program. Grades K-4, \$7 per person. Grade 5, \$8 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program.

In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2-hour program. \$8 per person.

PRE-SCHOOL PROGRAMS

Pre-registration is required at www.lbparks.org.

PARENT & ME WORKSHOPS

Ages: 18 Mths-5 Yrs. 10-11:30 a.m. \$20 per class. Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

Nature's Gifts

Discover the different textures, colors and patterns in nature as we make heartfelt crafts for our loved ones. We'll use natural materials, recycled doodads, and.. our imaginations!

29383 December 12

Wonderful Winter

Brrrrrr! Join us as we explore the changes that people, animals, and nature go through during these chilly months.

29384 January 9

Love Bugs

Join us for a walk on the trails investigating incredible insects! We'll also make our very own nature inspired valentines for the love bugs in our lives.

29385 February 13

TALES & TRAILS

Ages: 18 Mths-5 Yrs. 10-11:30 a.m. \$20 per class.

Investigate the incredible, changing, natural world with your child, while discovering creatures large and small. Stories, songs, and nature play are all a part of this fun-filled class. Parent participation required.

29389 January 23 29390 February 27

WINTER BREAK WORKSHOPS

Pre-registration is required at www.lbparks.org.

Join us for vacation fun at the Nature Center! Ages 5-8. Children must have Kindergarten experience. 9 a.m. – Noon. \$20 per class.

PUPPETERIA NATURE LAND

Welcome to Puppeteria! Learn to become a puppet master in the natural world where anything is possible. Make and take home your own nature puppet creation.

29398 December 26

GO NUTS FOR SQUIRRELS!

Smart, sassy, sometimes silly and always scouting around, squirrels fill a particular niche in nature. But, what makes a squirrel a squirrel? Come compare the two types of squirrels that call the nature center home and learn how they are alike and different. Do they compete or cooperate? We'll investigate the highs and lows of squirrel life!

29399 December 27



DOWN THE ANCIENT TRAILS...

For thousands of years, people who lived here made their own clothing, food and medicine from plants and other things found in nature. Learn some of those ancient secrets to survival through games, crafts, trail exploration and more.

29400 December 28

CLAWS AND PAWS

Animals at the Nature Center, though often hard to see in person, leave scat, tracks, and other clues. Come walk the trails and learn how to recognize these special signs.

29401 January 2

GAME ON!

Did you know that many animals learn the skills they need to survive by playing with their family members? Join us out on the trails as we explore why running, jumping, wrestling, and climbing with your wildlife relatives is both FUN and key to surviving in the wild.

29402 January 3

WILD ABOUT ART

Creativity abounds as we let nature inspire us as we create an outdoor masterpiece from natural items we find along the trails.

29403 January 4

CELEBRATE BIRDS!

THE GREAT BACKYARD BIRD COUNT

Become a scientist for the day! Drop by and help count our local feathery friends and discover why they are so important. The data collected helps scientists understand more about bird populations and migration. No experience necessary. All ages.

Saturday, February 16, 9 a.m.-noon. Free Program.

EL DORADO AUDUBON SOCIETY MEETING

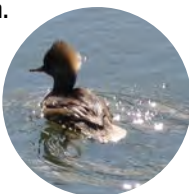
Join us for intriguing presentations and discussion on the conservation of native birds and their habitats. Thursday evenings, December 20, January 17, & February 21, 7:30 p.m. free program.

AUDUBON BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for this morning walk through the Nature Center. Sundays, December 9, January 13, & February 10, 8 a.m. Free Program.

"OUT OF THE WILDS AND INTO YOUR GARDEN" LECTURE SERIES

Join us for these expert-taught classes focusing on California Native Plants for your home garden. Saturdays, December 1, January 5, & February 2. 2-4 p.m. Free program.



VOLUNTEER OPPORTUNITIES

Pre-registration is required. Call (562) 570-1745.

1ST SATURDAY STEWARDS

Join us in cleaning the stream, clearing the trails, or pulling weeds. Wear sturdy shoes and bring water and sunscreen. Saturdays, December 1, January 5, February 2, 10 a.m.-noon.

WETLAND WARRIORS CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

Saturdays, December 15, January 19, & February 16, 10 a.m.-noon. Meet next to 101 Golden Shore Ave.

EL DORADO EAST REGIONAL PARK

7500 Spring Street
(562) 570-1771

HOURS: Spring/Summer, 7 a.m.-8 p.m.

March 1-October 31

Fall/Winter, 7 a.m.-5 p.m.

November 1- February 1

VEHICLE ENTRY FEES

CASH ONLY: Monday-Thursday: \$5 • Friday: \$6

Saturday and Sunday: \$7 • Holidays: \$8

School Buses: \$30 • Other buses: \$35 daily

ANNUAL PARKING PASSES

Purchase at Administration Office, 2760 Studebaker Road or El Dorado Nature Center, 7550 E. Spring Street.

• General Public Fee: \$60 Each

• Seniors ages 50+ / Disabled Fee: \$35 Each

AMENITIES AND SERVICES



- Archery range with target butts
- Barbecue grills - First come, first served
- Bicycle trails - paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- Two stocked Fishing lakes (license required for 16 Yrs+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center - Closed Mondays
- Park Ranger supervision
- Physical Fitness Course - 12 stations - Area II
- Picnic Areas -first come, first served, and reserved areas
- Picnic Shelters
- Playgrounds
- The El Dorado Frontier at El Dorado Park. Train rides and party packages. Open 10:00 a.m.-4 p.m., Saturdays and Sundays, weather permitting. Weekday operations available for schools/private events. To book a party or for more information call the reservations number at (562)-249-8330. Our new website address is: www.theeldoradofrontier.com.
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals - Wheel Fun Rentals, call (805) 650-7770.

RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road • (562) 431-3541

www.RanchoLosAlamitos.org

PUBLIC HOURS: Wednesday- Sunday, 1-5 p.m.

Enter through Bixby Hill residential gate at
Anaheim and Palo Verde. Free

Rancho Los Alamitos is a National Register site and has been home to diverse cultures for more than 1,500 years. It includes a ranch house c.1790-1948 with a core of adobe, four acres of lush historic gardens, an interpretive center, and a restored barnyard area which houses livestock including horses, sheep, goats, chickens, ducks and rabbits.

Guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Garden tours are self-guided. Free admission and parking.

MUSEUM SHOP OPEN HOUSE AND ARTIST EVENT

Saturday, November 10, 1-5 p.m. Free Admission

Shop local and support the Rancho! Get an early start on your holiday shopping in a beautiful and relaxed setting while enjoying light refreshments. In addition to our regular fabulous Museum Shop items, this year we are very excited to include local Artisans and Craftsmen presenting their jewelry, glass products, specialty foods, candles, home décor and more.



HOLIDAY WORKSHOP - FUN & USEFUL IDEAS FOR HOLIDAY DECOR

Saturday, November 10, 9:30 a.m.-12:30 p.m.

\$80 per person / \$60 per RLA Member

Presented by Andrew Anderson of "The Spicy Kitchen." Advance Reservations Required. Ticket price includes all materials.

BREAKFAST WITH SANTA

Saturday, December 8, 2018, 9 a.m. - Noon

Adult Admission \$25 (RLA Member Adult \$20)

Child/Grandchild \$18 (RLA Member Child/Grandchild \$14)

Family and friends gather once again at Rancho Los Alamitos to create another year of holiday memories. Please join us and be part of the fun at the Rancho's signature event. Advance reservations required.

HOLIDAY OPEN HOUSE AT RANCHO LOS ALAMITOS

December 12th through 14th 2018, 4-8 pm

(Final Reservation at 7:00 p.m.) Free Admission

Enjoy holiday music, tours of the Ranch House decorated in 1930s holiday style, refreshments. Reservations required for parking.

RANCHO LOS CERRITOS

4600 North Virginia Road

(562) 206-2040

www.RanchoLosCerritos.org

MUSEUM HOURS:

Wednesday-Sunday, 1- 5 p.m.

Rancho Los Cerritos is a National, State, and Long Beach historic landmark. The adobe home (circa 1844) and gardens echo with the rich history of Spanish, Mexican, and American California and with the families who helped transform Southern California from its ranching beginnings into a modern, urban society. The two-story Monterey-style house is primarily furnished to reflect ranch life from the 1840s to the 1880s.

Take a free tour of the historic two-story adobe house, guided by living history interpreters and house docents, during public hours. Free guided tours of the gardens are offered on Saturdays and Sundays, and Spanish-language tours are offered on the fourth Sunday of every month (or by request). Groups of 10 or more should make reservations at least two weeks in advance.

MUSEUM SHOP: We carry a wide assortment of unique gift items, including jams, scented soaps and pressed flower candles from our gardens, hand-turned bowls from our historic trees, and more! The shop also carries old-time children's toys and books. Every purchase helps support educational programs and public events at the Rancho.

WINTER EVENTS AT RANCHO LOS CERRITOS

CREATION STATION · Saturdays; December 1, 1-4 p.m. "Gorgeous Green", January 5, 1-4 p.m. "Winter Wonders", February 1, 1-4 p.m. "Hearts Crazy"

Nature-themed crafts and activities for families on the first Saturday of the month. Rain or shine. Free.

VICTORIAN HOLIDAY TEA · Tuesday, December 4, 11 a.m.

Join us in the sun porch for traditional tea delights served by Victorian characters from the Rancho's past, tour the festively decorated adobe home, and find hand-made gifts in the Museum Shop. Register online starting Nov. 1. \$39 per person.

OLD TIME CHRISTMAS FESTIVAL · Sunday, December 9, 1-4 p.m.

Learn about 19th century holiday customs as you tour the festively decorated adobe. Children can create old-fashioned holiday decorations, help break open the piñata, listen to Christmas stories, and visit with Santa. Live holiday music and light refreshments are included in the general admission price of \$5 per person. Buy tickets online or at the door.

COCOA WITH SANTA · Tuesday, December 11, 4 p.m., Friday, December 14, 4 p.m. and Saturday, December 15, 11 a.m.

Children ages 3-10 will enjoy visiting Santa Claus, sipping hot cocoa, making tree ornaments, and listening to holiday tales. Register online starting Nov. 1. \$15 per person.

STORIES OF THE TONGVA PEOPLE · Saturday, January 26, 10-11:30 a.m. Lecture about the history of the Tongva (Gabrielino) people. The talk will highlight the current exhibit at Rancho Los Cerritos, titled Tevaaxa'nga (Te-vaah-ha-nga) to Today: Stories of the Tongva People" which is on display in the Visitor Center.

LEEWAY SAILING CENTER 5437 East Ocean Boulevard • (562) 570-1719

GENERAL INFORMATION

Leeway Sailing Center offers lessons in kayaking (Spring/Summer) and sailing (All Seasons). All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. **LEEWAY CLOSED SATURDAY, DECEMBER 1-TUESDAY, JANUARY 1.**

BEGINNING CAPRI SAILING (14' BOATS)

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

29693	13 Yrs & up	1/5-1/26	9 a.m.-noon	Sa	\$120
29694	13 Yrs & up	2/2-2/23	9 a.m.-noon	Sa	\$120
29695	13 Yrs & up	1/6-1/27	9 a.m.-noon	Su	\$120
29696	13 Yrs & up	2/3-2/24	9 a.m.-noon	Su	\$120

BEGINNING SABOT SAILING (8' BOATS)

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

29697	8 Yrs & up	1/5-1/26	9 a.m.-noon	Sa	\$120
29698	8 Yrs & up	2/2-2/23	9 a.m.-noon	Sa	\$120

INTERMEDIATE CAPRI SAILING (14' BOATS)

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

29699	13 Yrs & up	1/6-1/27	12:30-3:30 p.m.	Su	\$120
29700	13 Yrs & up	2/3-2/24	12:30-3:30 p.m.	Su	\$120

INTERMEDIATE SABOT SAILING (8' BOATS)

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

29701	8 Yrs & up	1/5-1/26	12:30-3:30 p.m.	Sa	\$120
29702	8 Yrs & up	2/2-2/23	12:30-3:30 p.m.	Sa	\$120

KEELBOAT CLASS 13Yrs & up • \$133

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

29703	13 Yrs & up	1/6-1/27	10 a.m.-2 p.m.	Su	\$133
29704	13 Yrs & up	2/3-2/24	10 a.m.-2 p.m.	Su	\$133

PRIVATE LESSONS

Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB

A rental program offered on Saturdays from 12-5 p.m. year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$92 per person.

Rental rates are as follows:

Capri & Sabots:	\$17/hour
Kayaks & Canoe:	\$13/hour

Slips are now
available in
Long Beach Marinas

Make Long Beach
Your Home Port!

Call for more information or to schedule a visit.

562-570-4950

PRIME LOCATIONS • AFFORDABLE • CLOSE TO FREEWAYS • QUICK TO CATALINA
ALAMITOS BAY MARINA • SHORELINE MARINA • RAINBOW HARBOR/MARINA

Availability subject to vessel size and slip location. Wait lists are required in some situations.

BELMONT PLAZA POOL 4320 East Olympic Plaza • (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80 – 82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED THURSDAY, NOVEMBER 22 (THANKSGIVING); TUESDAY, DECEMBER 25 (CHRISTMAS DAY); TUESDAY, JANUARY 1 (New Year's Day); MONDAY, JANUARY 21 (MLK Day); MONDAY, FEBRUARY 18 (Presidents' Day).**

OPEN SWIM FEES

Youth (ages 17 Yrs & under)	\$1
Seniors (ages 50 Yrs & over)	\$3
Adults (ages 18-49 Yrs)	\$4

SWIM PASSES

Youth-\$25
Seniors-\$58
Adults-\$87

Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M-F	5:30-9:30 a.m.
M/W/F	10 a.m.-2 p.m.
Tu/Th	11:00 a.m.-2 p.m.
Tu/Th	7-90 p.m.
Sa & Su	8 a.m.-noon

ALL AGES RECREATION SWIM

M/W	7-9 p.m.
Sa & Su	noon.-2 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp.

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$42 for a fitness pass valid for 10 classes.

Shallow Water Exercise:

M/W/F/Su	11-11:50 a.m.
Tu/Th	7:10-8 p.m.

Deep Water Exercise:

M/W/F/Su	10-10:50 a.m.
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SWIM LESSONS

Class options: Saturday mornings January - February. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line (lbparks.org) or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbparks.org> to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

**Why enroll in swim lessons?
Swimming has been scientifically linked to better academic performance.**

AQUATICS - PARENT & CHILD

An introductory course for children nine months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kick boards, floating on back, and rolling over.

29160	9 Mths-2 Yrs	1/5-2/23	9-9:25 a.m.	Sa	\$44
29171	9 Mths-2 Yrs	1/5-2/23	11:30-11:55 a.m.	Sa	\$44

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

29161	3-5 Yrs	1/5-2/23	9-9:25 a.m.	Sa	\$44
29167	3-5 Yrs	1/5-2/23	10:30-10:55 a.m.	Sa	\$44

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

29162	3-5 Yrs	1/5-2/23	9:30-9:55 a.m.	Sa	\$44
29169	3-5 Yrs	1/5-2/23	11-11:25 a.m.	Sa	\$44

46 REGISTER ONLINE AT WWW.LBPARKS.ORG

AQUATICS – PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

29163 3-5 Yrs 1/5-2/23 9:30-9:55 a.m. Sa \$44



AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

29164 6-12 Yrs 1/5-2/23 10-10:25 a.m. Sa \$44

29168 6-12 Yrs 1/5-2/23 11-11:25 a.m. Sa \$44

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

29165 6-12 Yrs 1/5-2/23 10-10:25 a.m. Sa \$44

29170 6-12 Yrs 1/5-2/23 11:30-11:55 a.m. Sa \$44

Swimming can be done at any age! The world's oldest swimmer, Mieko Nagaoka, is 100 years old. Nagaoka took up swimming when she was 80.

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

29166 6-12 Yrs 1/5-2/23 10:30-10:55 a.m. Sa \$44

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

29159 6-12 Yrs 1/5-2/23 8:30-8:55 a.m. Sa \$44

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

29158 6-12 Yrs 1/5-2/23 8-8:25 a.m. Sa \$44

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

29155 13 Yrs + 1/5-2/23 8-8:50 a.m. Sa \$52

PRIVATE & SEMI-PRIVATE SWIM LESSONS: Enroll to the wait list online at no cost. Pool staff will fill all available slots from the wait list. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$160 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings January-February. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

AQUATICS - BELMONT PRIVATE SWIM LESSONS

29156 9 Mths & Up 1/5-2/23 8 a.m.-noon Sa \$160

AQUATICS – BELMONT SEMI PRIVATE SWIM LESSONS

29157 9 Mths & Up 1/5-2/23 8 a.m.-noon Sa \$103



KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children under 42" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED SATURDAY, DECEMBER 22 – FRIDAY, JANUARY 4 (Pool Maintenance). MONDAY, JANUARY 21 (MLK Day); MONDAY, FEBRUARY 18 (Presidents' Day).**

OPEN SWIM FEES

Youth (ages 17 Yrs & under)	\$1
Senior Citizens (50 Yrs & up)	\$2
Adults (ages 18-49 Yrs)	\$3

SWIM PASSES:

Youth-\$25
Seniors-\$40
Adults-\$65

Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass is valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu/Th/F	6-8 a.m.
Tu/Th/F	noon-2 p.m.
Tu/Th	9-11 a.m.
Sa/Su	11:30 a.m.-1 p.m.

ALL AGES RECREATION SWIM

Sa/Su	1-3:30 p.m.
Tu/Th/F	2:30-4 p.m.
Tu/Th	6:30-8 p.m.



WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. Ages 16 and up. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water	Tu/Th/F	6:30-7:20 a.m.
Shallow Water	Tu/Th/F	8-8:50 a.m.
Shallow Water	M/W	6-6:50 p.m.

SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.



REGISTRATION DATES

Lessons Starting Date:	Registration Begins:
1/5-2/23 (Saturdays)	11/5/17 at 8 a.m.
1/8-1/31 (Tuesday/ Thursday)	11/5/18 at 8 a.m.
2/5-2/28 (Tuesday/ Thursday)	1/22/19 at 8 a.m.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children nine months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kick-boards, floating on back and rolling over.

29304 9 Mths-3 Yrs 1/5-2/23 11-11:25 a.m. Sa \$32

AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

29298	3-5 Yrs	1/5-2/23	10-10:25 a.m.	Sa	\$32
29309	3-5 Yrs	1/8-1/31	4-4:25 p.m.	Tu/Th	\$32
29320	3-5 Yrs	2/5-2/28	4-4:25 p.m.	Tu/Th	\$32

The American Academy of Pediatrics has found that children enrolled in formal swim lessons had an 88% reduced risk of drowning.

AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

29300	3-5 Yrs	1/5-2/23	10:30-10:55 a.m.	Sa	\$32
29313	3-5 Yrs	1/8-1/31	4:30-4:55 p.m.	Tu/Th	\$32
29324	3-5 Yrs	2/5-2/28	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

29314	3-5 Yrs	1/8-1/31	5-5:25 p.m.	Tu/Th	\$32
29325	3-5 Yrs	2/5-2/28	5-5:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

29302	6-12 Yrs	1/5-2/23	11 a.m.-11:25 a.m.	Sa	\$32
29317	6-12 Yrs	1/8-1/31	4-4:25 p.m.	Tu/Th	\$32
29310	6-12 Yrs	1/8-1/31	4:30-4:55 p.m.	Tu/Th	\$32
29328	6-12 Yrs	2/5-2/28	4-4:25 p.m.	Tu/Th	\$32
29321	6-12 Yrs	2/5-2/28	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

29299	6-12 Yrs	1/5-2/23	10:30-10:55 a.m.	Sa	\$32
29316	6-12 Yrs	1/8-1/31	5:30-5:55 p.m.	Tu/Th	\$32
29327	6-12 Yrs	2/5-2/28	5:30-5:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

29305	6-12 Yrs	1/5-2/23	11:30-11:55 a.m.	Sa	\$32
29318	6-12 Yrs	1/8-1/31	6-6:25 p.m.	Tu/Th	\$32
29329	6-12 Yrs	2/5-2/28	6-6:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

29303	6-12 Yrs	1/5-2/23	11:30-11:55 a.m.	Sa	\$32
29311	6-12 Yrs	1/8-1/31	6-6:25 p.m.	Tu/Th	\$32
29322	6-12 Yrs	2/5-2/28	6-6:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 5/6

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

29294	6-12 Yrs	1/5-2/23	9-9:25 a.m.	Sa	\$32
29312	6-12 Yrs	1/8-1/31	5-5:25 p.m.	Tu/Th	\$32
29323	6-12 Yrs	2/5-2/28	5-5:25 p.m.	Tu/Th	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

29293	13 Yrs+	1/5-2/23	9-9:50 a.m.	Sa	\$40
29315	13 Yrs+	1/8-1/31	5:30-6:20 p.m.	Tu/Th	\$40
29326	13 Yrs+	2/5-2/28	5:30-6:20 p.m.	Tu/Th	\$40

JUNIOR LIFEGUARD PROGRAM



Get started for a future job as a lifeguard. Learn swimming and life guarding skills. Must have Level 5 swim skills and be between the ages of 13-16. Please call the pool for more information. Saturdays, 9:30 a.m. starting January 5.

POOL RENTALS

Please call the supervisor at 562-570-1718 for information, fees and scheduling availability.

SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children under 42 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED- SATURDAY, DECEMBER 22 – FRIDAY JANUARY 4TH (Pool Maintenance); MONDAY, JANUARY 21 (MLK Day); MONDAY, FEBRUARY 18 (Presidents' Day).**

OPEN SWIM FEES

Youth (ages 17 Yrs & Under) \$1
Seniors (ages 50 Yrs & Over) \$2
Adults (ages 18-49 Yrs) \$3

Swimming works all of the body's major muscles.

SWIM PASSES:

Youth-\$25
Seniors-\$40
Adults-\$65

Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M/W/F 6:30-10:50 a.m., noon-2:00 p.m. 3 lanes only 10-10:50 a.m.
M/W 6-7 p.m., 2 LANES ONLY
Sa noon-1 p.m.
Su 8-10:50 a.m.

ALL AGES RECREATION SWIM

M/ W 2-3:30 p.m.
Sa 1-3:30 p.m.

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults.

Deep Water Exercise: M/W/F 10-10:50 a.m.
Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.

WEIGHT ROOM

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS

Class options: Monday and Wednesday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be canceled or combined in the event of low enrollment.



AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

29281	9 Mos-3 Yrs	1/5-2/23	9-9:25 a.m.	Sa	\$32
29282	9 Mos-3 Yrs	1/7-1/30	6-6:25 p.m.	MW	\$28
29334	9 Mos-3 Yrs	2/4-2/27	6-6:25 p.m.	MW	\$28

AQUATICS – PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

29283	3-5 Yrs	1/5-2/23	9:30-9:55 a.m.	Sa	\$32
29286	3-5 Yrs	1/5-2/23	10-10:25 a.m.	Sa	\$32
29284	3-5 Yrs	1/7-1/30	4-4:25 p.m.	MW	\$28
29285	3-5 Yrs	2/4-2/27	4-4:25 p.m.	MW	\$28

AQUATICS – PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

28297	3-5 Yrs	1/5-2/23	9:30-9:55 a.m.	Sa	\$32
29288	3-5 Yrs	1/7-1/30	4-4:25 p.m.	MW	\$28
29289	3-5 Yrs	2/4-2/27	4-4:25 p.m.	MW	\$28

50 LONG BEACH AIRPORT WHERE THE GOING IS EASY-WWW.LGB.ORG

AQUATICS – PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

29290	3-5 Yrs	1/5-2/23	10:30-10:55 a.m.	Sa	\$32
29291	3-5 Yrs	1/7-1/30	5-5:25 p.m.	MW	\$28
29292	3-5 Yrs	2/4-2/27	5-5:25 p.m.	MW	\$28

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

29262	6-12 Yrs	1/5-2/23	10-10:25 a.m.	Sa	\$32
29265	6-12 Yrs	1/5-2/23	11-11:25 a.m.	Sa	\$32
29263	6-12 Yrs	1/7-1/30	4:30-4:55 p.m.	MW	\$28
29264	6-12 Yrs	2/4-2/27	4:30-4:55 p.m.	MW	\$28

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

29266	6-12 Yrs	1/5-2/23	10-10:25 a.m.	Sa	\$32
29267	6-12 Yrs	1/7-1/30	4:30-4:55 p.m.	MW	\$28
29268	6-12 Yrs	2/4-2/27	4:30-4:55 p.m.	MW	\$28

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

29269	6-12 Yrs	1/5-2/23	10:30-10:55 a.m.	Sa	\$32
29270	6-12 Yrs	1/7-1/30	5-5:25 p.m.	MW	\$28
29271	6-12 Yrs	2/4-2/27	5-5:25 p.m.	MW	\$28



AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

29272	6-12 Yrs	1/5-2/23	10:30-10:55 a.m.	Sa	\$32
29273	6-12 Yrs	1/7-1/30	5-5:25 p.m.	MW	\$28
29274	6-12 Yrs	2/4-2/27	5-5:25 p.m.	MW	\$28

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke2

29277	6-12 Yrs	1/5-2/23	11-11:25 a.m.	Sa	\$32
29275	6-12 Yrs	1/7-1/30	5:30-5:55 p.m.	MW	\$28
29276	6-12 Yrs	2/4-2/27	5:30-5:55 p.m.	MW	\$28



AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

29278	6-12 Yrs	1/5-2/23	11-11:25 a.m.	Sa	\$32
29279	6-12 Yrs	1/7-1/30	5:30-5:55 p.m.	MW	\$28
29280	6-12 Yrs	2/4-2/27	5:30 -5:55 p.m.	MW	\$28

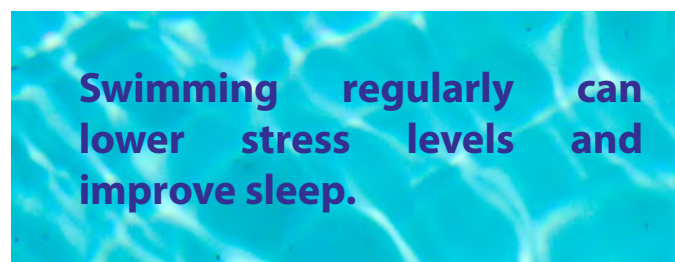
AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

29259	13 Yrs +	1/5-2/23	8-8:55 a.m.	Sa	\$40
29260	13 Yrs +	1/7-1/30	6-6:50 p.m.	MW	\$35
29261	13 Yrs +	2/4-2/27	6-6:50 p.m.	MW	\$35

PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has 38 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.



TENNIS

Billie Jean King, El Dorado and Los Cerritos Tennis Centers, Marina Vista, Naples and Somerset Tennis Courts

Register online at lbparks.org or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

Tennis courts locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St. Somerset Tennis Courts, 1500 E. Carson St.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. Eight weeks.

Los Cerritos				Pastorini	
29172	Beg	4-5 Yrs	1/14-3/4	4:30-5 p.m.	M \$80
Billie Jean King				Da Costa	
29173	Beg	4-5 Yrs	1/15-3/5	3-3:30 p.m.	Tu \$80
29175	Beg	4-5 Yrs	1/16-3/6	3-3:30 p.m.	W \$80
29179	Beg	4-5 Yrs	1/12-3/2	11-11:30 a.m.	Sa \$80
Somerset				Inouye	
29174	Beg	4-5 Yrs	1/15-3/5	7-7:30 p.m.	Tu \$80
El Dorado West				Pros	
29176	Beg	4-5 Yrs	1/18-3/8	3-3:30 p.m.	F \$80
29177	Beg	4-5 Yrs	1/12-3/2	8:30-9 a.m.	Sa \$80
Naples				Inouye	
29178	Beg	4-5 Yrs	1/12-3/2	9:30-10 a.m.	Sa \$80
29180	Beg	4-5 Yrs	1/13-3/3	9:30-10a.m.	Su \$80

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 11; Eight weeks.

Los Cerritos				Pastorini	
29182	Beg	5-6 Yrs	1/14-3/4	4:30-5 p.m.	M \$80
Billie Jean King				Da Costa	
29183	Beg	5-6 Yrs	1/15-3/5	3:30-4 p.m.	Tu \$80
29185	Beg	5-6 Yrs	1/16-3/6	3:30-4 p.m.	W \$80
29190	Beg	5-6 Yrs	1/12-3/2	11:30 a.m.-noon	Sa \$80
Somerset				Inouye	
29184	Beg	5-6 Yrs	1/15-3/5	7:30-8 p.m.	Tu \$80
El Dorado West				Pros	
29181	Beg	5-6 Yrs	1/14-3/4	3:30-4 p.m.	M \$80
29186	Beg	5-6 Yrs	1/16-3/6	3:30-4 p.m.	W \$80
29188	Beg	5-6 Yrs	1/18-3/8	3:30-4 p.m.	F \$80
Marina Vista				Da Costa	
29187	Beg	5-6 Yrs	1/17-3/7	3-3:30 p.m.	Th \$80
Naples				Inouye	
29189	Adv	5-6 Yrs	1/12-3/2	9-9:30 a.m.	Sa \$80
29191	Beg/AdvBeg	5-6 Yrs	1/13-3/3	9-9:30 a.m.	Su \$80

YOUTH

Students must possess the following skills before registering: (Beg)-no experience (AdvBeg)-knowledge of ground strokes, grips and ready positions; (Int)-rules of the game, consistent ground stroke and serve. Min 6/Max 11. Eight weeks.

El Dorado West				Pros	
29192	Beg	7-15 Yrs	1/14-3/4	4-5 p.m.	M \$98
29194	Beg	7-15 Yrs	1/15-3/5	4:30-5:30 p.m.	Tu \$98

29195	AdvBeg	7-15 Yrs	1/15-3/5	5:30-6:30 p.m.	Tu \$98
29196	Beg	7-15 Yrs	1/16-3/6	4-5 p.m.	W \$98
29197	AdvBeg	7-15 Yrs	1/16-3/6	5-6 p.m.	W \$98
29200	Beg	7-15 Yrs	1/17-3/7	4:30-5:30 p.m.	Th \$98
29201	AdvBeg	7-15 Yrs	1/17-3/7	5:30-6:30 p.m.	Th \$98
29203	Beg/AdvBeg	7-15 Yrs	1/18-3/8	4-5 p.m.	F \$98
29205	Beg	7-10 Yrs	1/12-3/2	9-10 a.m.	Sa \$98
29206	AdvBeg	11-15 Yrs	1/12-3/2	10-11a.m.	Sa \$98
Los Cerritos				Pastorini	
29193	Beg/AdvBeg	11-15 Yrs	1/14-3/4	5-6 p.m.	M \$98
Los Cerritos				Sleigh	
29208	Beg	7-10 Yrs	1/13-3/3	1-2 p.m.	Su \$98
29209	AdvBeg	11-15 Yrs	1/13-3/3	2-3 p.m.	Su \$98
Somerset NEW!				Inouye	
29198	Adv	7-15 Yrs	1/16-3/6	7-8 p.m.	W \$98
29202	Int	7-15 Yrs	1/17-3/7	7-8 p.m.	Th \$98
29204	Beg	7-15 Yrs	1/18-3/8	7-8 p.m.	F \$98
Marina Vista				Da Costa	
29199	Beg	7-10 Yrs	1/17-3/7	3:30-4:30 p.m.	Th \$98
Billie Jean King				Da Costa	
29207	Int	7-15 Yrs	1/12-3/2	noon-1:00 p.m.	Sat \$98

ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level.

SMALL GROUP: 16 Yrs & up. Min 6/Max 12. Eight weeks.

Billie Jean King				Pastorini	
29210	Int		1/15-3/5	7-8:30 p.m.	Tu \$125
El Dorado West				Unger	
29211	LowInt/Int		1/14-3/4	6-7 p.m.	M \$98
29212	HilInt/Adv		1/14-3/4	7-8:30 p.m.	M \$125
29213	LowInt/Int		1/16-3/6	6-7 p.m.	W \$98
29214	HighInt		1/16-3/6	7-8:30 p.m.	W \$125
Scherer				Unger	
29215	Int/HilInt		1/12-3/2	10-11:30 a.m.	Sa \$125
El Dorado West				Pros	
29216	AdvBeg		1/14-3/4	9-10 a.m.	M \$98
29217	Int		1/14-3/4	10-11 a.m.	M \$98
29218	Beg		1/14-3/4	7-8 p.m.	M \$98
29219	AdvBeg		1/14-3/4	8-9 p.m.	M \$98
29220	AdvBeg		1/15-3/5	9-10 a.m.	Tu \$98
29221	Int		1/15-3/5	10-11 a.m.	Tu \$98
29222	AdvBeg		1/15-3/5	6:30-7:30 p.m.	Tu \$98
29223	Int		1/15-3/5	7:30-8:30 p.m.	Tu \$98
29224	Beg		1/16-3/6	9-10 a.m.	W \$98
29225	Beg/AdvBeg		1/16-3/6	10-11 a.m.	W \$98
29226	Int		1/16-3/6	11 a.m.-noon.	W \$98
29227	AdvBeg		1/16-3/6	7-8 p.m.	W \$98
29228	Int		1/17-3/7	9-10 a.m.	Th \$98
29229	AdvBeg		1/17-3/7	10-11 a.m.	Th \$98
29230	AdvBeg		1/17-3/7	6:30-7:30 p.m.	Th \$98
29231	Int		1/17-3/7	7:30-8:30 p.m.	Th \$98
29232	Beg		1/18-3/8	9-10 a.m.	F \$98
29233	AdvBeg		1/18-3/8	10-11 a.m.	F \$98
29234	Int		1/18-3/8	11 a.m.-noon.	F \$98
29235	Beg		1/13-3/3	9-10 a.m.	Su \$98
29236	AdvBeg		1/13-3/3	10-11 a.m.	Su \$98
Billie Jean King				Pastorini	
29237	Beg		1/15-3/5	6-7 p.m.	Tu \$98

Marina Vista

29238	AdvBeg	1/17-3/7	9-10 a.m.	Th	\$98
29239	Int	1/17-3/7	10-11 a.m.	Th	\$98

Los Cerritos

29240	AdvBeg	1/14-3/4	6-7 p.m.	M	\$98
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Naples

29241	Int	1/12-3/2	10-11 a.m.	Sa	\$98
29242	Adv	1/12-3/2	11 a.m.-noon	Sa	\$98
29243	Beg	1/12-3/2	12-1 p.m.	Sa	\$98
29244	AdvBeg	1/12-3/2	1-2 p.m.	Sa	\$98
29245	Beg	1/13-3/3	10-11 a.m.	Su	\$98
29246	AdvBeg	1/13-3/3	11 a.m.-noon	Su	\$98
29247	Int	1/13-3/3	noon-1 p.m.	Su	\$98
29248	Adv	1/13-3/3	1-2 p.m.	Su	\$98

Somerset Park NEW!

29249	AdvBeg	1/15-3/5	8-9 p.m.	Tu	\$98
29250	Adv	1/16-3/6	8-9 p.m.	W	\$98
29251	Int	1/17-3/7	8-9 p.m.	Th	\$98
29252	Beg	1/18-3/8	8-9 p.m.	F	\$98

Pastorini

Th	\$98
Th	\$98

Pastorini

M	\$98
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Inouye

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TWILIGHT TENNIS NEW

Twilight Tennis is a 'FUN' drop-in social tennis class hosted by Terry "ACTION" Jackson-Select any weekend night and you can play singles, doubles, mixed doubles or even practice on our ball machine. INVITE ALL YOUR TENNIS FRIENDS & PLAY A LOT OF TENNIS. 16 Yrs & up Min 6/NO MAX. Eight weeks.

El Dorado West

29256	All Levels	1/18-3/8	5-9 p.m.	Fri	\$98
29257	All Levels	1/12-3/2	4-8 p.m.	Sat	\$98
29258	All Levels	1/13-3/3	4-8 p.m.	Su	\$98

Pros

**TRAIN HARDER
PLAY SMARTER**

SOUTHERN CALIFORNIA TENNIS ACADEMY**BEGINNERS WELCOME**

El Dorado Park Tennis Center

2800 N. Studebaker Rd. LB 90815

For more information contact Mitch Bridge at

(562) 704-2241

info@sctennisacademy.com www.sctennisacademy.com

Valter Paiva
TENNIS ACADEMY

I'm In!

BILLIE JEAN KING TENNIS CENTER

1040 Park Ave. Long Beach, Ca 90804

Find us on Facebook and Instagram

For more information

contact Valter Paiva at

(562) 266-8882

info@valtertennis.com

www.valtertennis.com



SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804 or fax your form to (562) 438-1249 or drop off at BJk or El Dorado Pro Shops. For more information, please call (562) 438-8509.

RESPONSIBLE PARTY

ADDRESS _____ **CITY/ZIP** _____

WORK PHONE _____ **HOME PHONE** _____

STUDENT NAME _____ **BIRTHDATE** _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ **DATE** _____

CLASS# _____ **FEE** _____

CLASS NAME _____

CLASS# _____ **FEE** _____

CLASS NAME _____

METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____

CREDIT CARD # _____ **EXP DATE** _____ **CCV CODE** _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.



As Long Beach Airport celebrates 95 years of service in Southern California, we recognize this historic milestone and our partnership with the community that made this legacy possible. Travel well. Travel Long Beach.



REGISTRATION FORM Please print and fill out completely

It's easy to register:



On Line: Register anytime.
Visit <http://activenet.active.com/lbparks>
or follow the link at www.lbparks.org.
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit
(or click submit and add family member
to register more people at the same address)



By FAX to (562) 570-3113
Confirmation will not be sent.
Retain publication for reference



By Mail: Send completed form and
payment (include address, phone number
and class #(s) on the check) to
City of Long Beach,
2760 Studebaker Road,
Long Beach, Ca 90815



In person: Bring completed form
and payment to the office,
Monday-Friday 8 a.m.-5 p.m.
Office closed Nov. 22, 23, Dec. 25,
Jan 1, Jan 21, Feb 18
For more information call
(562) 570- 3111.

Main Contact

☐ Check this box if address or phone number has changed.

Print Name: _____ Address: _____

City _____ Zip _____ Main Phone (____) _____ Work Phone (____) _____

Birth Date: _____ E-mail Address _____

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume** all **risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature _____ Date _____

Please list separately additional family members living with the Main Contact.

Last Name	First Name	Birthdate	Male / Female (circle one)
1			M / F
2			M / F
3			M / F
4			M / F

Class #	Student Name	Class Name	Day(s)	Start Date	Time	Fee
Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds.						Total \$

METHOD OF PAYMENT

☐ Cash ☐ Master Card ☐ Visa ☐ AmEx ☐ Discover ☐ Money Order ☐ Check (payable to **City of Long Beach** include class #, complete address & phone #.)

Credit Card #: Exp. Date _____

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

CCV. Code _____

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8 a.m.-5:00 p.m.

Long Beach Parks, Recreation and Marine
2760 Studebaker Road
Long Beach, CA 90815



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On the Waterfront

Improved facilities and parking for our beaches, new pedestrian paths and bike lanes, new docks at our marinas, increased security – a few of the ways Port of Long Beach revenue helps improve our coastline.



Port of
LONG BEACH
The Green Port

www.POLB.com